CULTURE OF EXCELLENCE

It is the enabler of the transfer of knowledge from one generation to the next and the facilitator of delivering value to all of your stakeholders.

BIJIBILLA RAMA RAO

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Culture of Excellence
Bijibilla Rama Rao

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गणेश गायत्री मंत्र (Ganesh Gayatri Mantra)

|| गणेश गायत्री मंत्र ||

एकदंताय विद्महे, वक्रतुण्डाय धीमहि, तन्नो दंती प्रचोदयात् ।।1।।
महाकर्णाय विद्महे, वक्रतुण्डाय धीमहि, तन्नो दंती प्रचोदयात् ।।2।।
गजाननाय विद्महे, वक्रतुण्डाय धीमहि, तन्नो दंती प्रचोदयात् ।।3।।

गणेश गायत्री मंत्र का हिंदी अर्थ

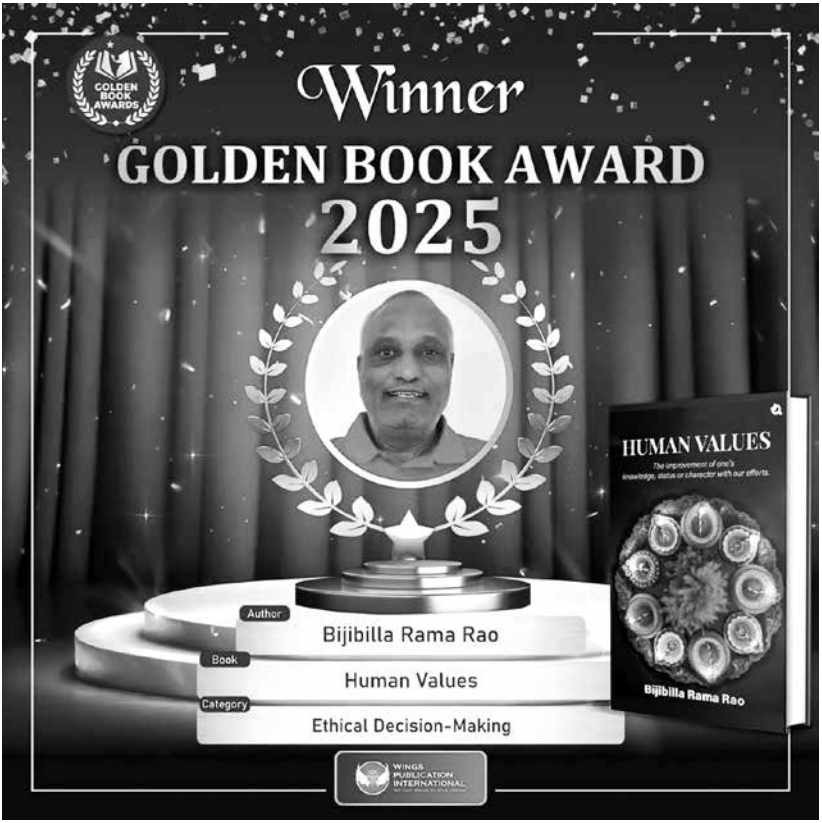
हम एकदंत (गणेश जी) का ध्यान करते हैं, जो वक्रतुण्ड हैं। वे हमें आशीर्वाद दें।
हम महाकर्ण का ध्यान करते हैं, जो वक्रतुण्ड हैं। वे हमें आशीर्वाद दें।
हम गजानन का ध्यान करते हैं, जो वक्रतुण्ड हैं। हमें आशीर्वाद दे ।

Hanumanji mantras are powerful chants that invoke the blessings of Lord Hanuman, known for strength, courage, and devotion.

Hanuman Moola Mantra:

ॐ हनुमते नमः **(Om Hanumate Namah)**

This mantra is recited to overcome obstacles and gain strength and success in endeavors. It is considered a powerful success mantra (Karya Siddhi Mantra).


GOLDEN BOOK AWARDS
Winner
GOLDEN BOOK AWARD
2025
HUMAN VALUES
The improvement of one's knowledge, status or character with our efforts.
Bijibilla Rama Rao
Author
Bijibilla Rama Rao
Book
Human Values
Category
Ethical Decision-Making
WINGS PUBLICATION INTERNATIONAL

DUBAI
INTERNATIONAL AUTHOR
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SELF
REFLECTION
Bijibilla Rama Rao

What Does a Culture of Excellence Look Like?

A culture of excellence is one where every person in the organization—not only leadership—is committed to delivering exceptional results. It's a matter of creating an environment where individuals feel empowered to innovate, problem-solve, and continuously improve.

Excellence is one of those words that you hear thrown around a lot. If we are not careful, it has the potential to turn into a buzzword of sorts. However, excellence is a work ethic, and a leadership philosophy. It's about having high standards, holding ourselves accountable to them, and building a culture where individuals thrive. But let's get real: building a culture of excellence is not simple. It requires commitment, consistency, and sometimes a willingness to disrupt the status quo.

Leadership by example: When leaders walk their talk on a daily basis, it sets a ripple effect for the rest of the organization. Consider excellent leaders you look up to—whether in business, sports, or the nonprofit sector. They motivate others not only with what they say, but with what they do.

An unstoppable quest to get better: Successful companies don't accept "good enough." They say, "How can we do this better?" and implement systems to monitor and gauge improvement.

A strong dedication to customer service: Internal departments or external customers, a culture of excellence focuses on providing value and surpassing expectations.

An engaged, motivated workforce: When individuals feel appreciated and know that they're working toward the greater good, they show up to work as their best selves.

Reward and Recognize Excellence Individuals need to know their effort counts. Marking and celebrating victories, no matter how large or small, keeps teams motivated. Whether through a pat on the back, a mention in a team meeting, or a formal recognition program, appreciation drives excellence.

Build a Culture of Feedback

Excellence-driven organizations embrace feedback. They create room for open, honest discussion where people can argue ideas, ask questions, and push for improvement without fear. One of my mentors used to always say, "Feedback is a gift—if you're willing to accept it." That mindset changes everything. Ultimately, when you use a quality framework for your organization like Baldrige, ongoing feedback and revision to how things are done should be centric to your approach.

To know more about the Author please follow the links given below:

https://www.sudhanvasankirtanam.com/

https://bijibilla.substack.com/

https://archive.org/details/@bijibilla_rama_rao

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https://medium.com/@bijibilla.ramarao

https://open.spotify.com/show/59kyczzOZvNCJy6UBTN8XI

Foreword

Sanjay Chandra
Author, Speaker, Coach, Arbitrator,
and Strategy Consultant

I have often wondered why we chase perfection, as if it were a destination we could ever truly reach. Recently, in writing an article about my own encounters with the pursuit of flawlessness—whether at work, at home, or while trying to capture the "perfect" photograph during travels—I realized how exhausting, and often futile, that chase can be. Perfection may seem admirable, yet it can blind us to the small, meaningful moments that make life extraordinary.

Reading Culture of Excellence helped me see this distinction more clearly. Excellence seeks the meaningful rather than the flawless. Perfection clings to an imagined ideal; excellence embraces the real, with all its promise of growth, learning, and renewal. Where perfection isolates, excellence connects—connecting us to learning, improvement, and purpose.

In my journey, I have seen how perfection can trap us in endless revisions, while excellence encourages steady progress. It is the quiet discipline of doing one's best with what we have and striving to do better tomorrow. Excellence allows room for

reflection, adaptation, and mindful effort. Growth is a process, not a product, and each small step forward carries significance.

This book offers a thoughtful guide to cultivating that mindset. Sustained practice of excellence naturally leads us closer to perfection—not as a burden, but as the gentle outcome of consistent, mindful effort.

I hope these pages inspire you, as they have inspired me, to focus on progress over flawlessness, embrace learning in every moment, and bring excellence to every choice and action. **Life need not be perfect to be extraordinary; by choosing excellence, each moment can glow with meaning, each effort can leave a mark, and every day can become a chance to grow.**

Foreword

Prof. S. S. Prasada Rao
Ph.D
5th September 2025
Dean - Centre for Teaching and Learning,
SP Mandali's Prin. L. N. Welingkar
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Mumbai, Maharashtra – 400019.

This book is a celebration of life, learning, and the power of thought. It is not just a collection of words but a journey across values, reflections, and aspirations that shape the human spirit. Each chapter, whether short or elaborate, invites the reader to pause, think, and grow.

The carefully chosen themes - from *Achievements to Youth Empowerment* - weave together the essence of human experience. They explore our inner world of values, resilience, and mindset, while also addressing the external realities of education, social progress, empowerment, and cultural change. The sequence itself feels like a gentle staircase: guiding us from self-awareness to collective responsibility, from inner strength to societal transformation.

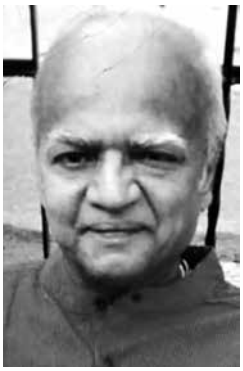
What makes this book special is its simplicity. Each idea is presented in a way that speaks to both the heart and the mind. A young learner can draw encouragement from *Discipline is the*

Way of Living, while a professional might resonate with *Brand Building* or *Creativity*. A seeker of wisdom may pause at *Buddha's Wisdom* or *Spiritual Awakening,* while anyone struggling with challenges can find hope in *Rejection is God's Protection or Obstacle is a Stepping Stone*.

This is not a book to be rushed through. It is a companion to be read slowly, one page at a time, and revisited often. The chapters are like mirrors, reflecting not just what we know, but what we need to remember. In an age where distractions are many, this book restores attention to what is timeless: gratitude, kindness, self-belief, growth, and truth. It encourages the reader to not just chase success but to discover meaning; not just to achieve but also to become. May this book serve as a source of strength, clarity, and inspiration for everyone who opens its pages.

Best Wishes!

Foreword



Prof. Mohan Ramanan, Hyderabad
(Retired Professor of English)

Bijibilla Rama Rao and I go back a long time and it is a pleasure to write this Foreword for his book. Recently I was hospitalized for a serious condition and had been discharged and resting at home. Rama Rao came home late one night to see me. He was in tears to see me struggling. He closed his eyes for a few minutes in prayer and took leave silently. A few days later I heard that he had undergone surgery, a fact he kept from me when he came visiting. His sincerity and utmost consideration is demonstrated by this. He did not want me to be disturbed by the news that he was to undergo a procedure himself. He is by God's grace fully recovered and has now come to the public with yet another book. THE CULTURE OF EXCELLENCE is in the genre of Self - Help books, and from what I know of Rama Rao through personal observation and his writings and activism, he is fully qualified to write a book which exhorts and advises people, particularly the youth on how to live the good life.

I am happy to commend Rama Rao's book, which is a mine of information on a variety of subjects. He is widely read and knowledgeable about many things. But as he points out in a chapter of his book, Knowledge by itself is not enough. It leads

to pride and intellectual arrogance. But when Knowledge modulates into wisdom we have humility, self awareness and internal harmony. These qualities enable a person to teach others. Intellectual arrogance sends the message – See how good I am. A person with wisdom is sending the message - Look I know this much but I have miles to go. Rama Rao is a wise person. He is at peace with himself and others. Such a person can make a difference and change the mind set of others, so that they can lead a purposeful and productive life.

The special quality of this book is that it has no beginning or end, by which I mean the reader can browse through this book and start reading from anywhere. This is because the chapters are independent and make an organic whole. If you read any chapter you will instantly see its connection with some other chapter. I would recommend that you start in the middle and then go back and forth. Thus reading a chapter on Achievement will illuminate a chapter on Mindfulness and while this is happening it itself gets amplification.

Each chapter begins with a string of quotes from some of the wisest people in the world. That speaks for the wide reading Rama Rao has done. After this Rama Rao glosses these quotations by leaning on his experience. Some of the themes he deals with are: Value of Prayer, Academic Excellence, Organizational Culture, Women Empowerment, Youth Empowerment, Being Cheerful, Setting an Example, Daring to Dream, Energizing the Mind, Mental Health, Gratitude, Routine, Consistency, Intuition, and much more. The reading public will benefit immensely.

I close with the prayer that Rama Rao, who is a man of many parts, will be able to contribute continuously to society through his writings. As he says writing is fun and so is the process of learning. May God bless him.

Foreword

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I am very pleased to write a foreword to this book by Mr. Bijibilla Rama Rao. Culture of excellence. This is the need of the hour in these times of Globalization, where the world is becoming one and there is a need for setting up a uniform standard throughout the world. An organizational culture that fosters accountability, teamwork, and ongoing improvement to meet high performance and well-being criteria is known as an excellence culture. In line with a defined goal and with an emphasis on customer satisfaction, it cultivates a sense of unity, empowers staff, and acknowledges efforts to promote both individual and group progress. Open communication,

opportunities for growth, supportive leadership, and a dedication to learning from mistakes to improve upon yesterday are all essential components of a culture of excellence. Establishing a culture of excellence is integrating high standards into everything you do, not just adding another task to your list. A lot of organizations misunderstand this. Here are some pointers on how to achieve this.

Since every organization is different, define excellence according to your own standards. Set clear expectations and make sure everyone on the team understands their part in the mission. Southwest Airlines serves as a prime illustration of this. Their commitment to providing exceptional customer service is ingrained in their hiring, training, and business practices; it is not just a catchphrase. No one else will exhibit excellence if leaders themselves don't. A good leader makes an effort to call disgruntled clients in order to listen, learn, and troubleshoot—not to argue with them and defend the business. Leadership like that sets the bar high for everyone. Constant improvement is necessary for excellence. Businesses that support their employees through professional development, training, and mentoring receive performance and dedication in return. People must be aware that their efforts matter. No matter how big or little, acknowledging and applauding successes keeps teams inspired. Excellence is fueled by praise, whether it comes from a formal recognition program, a pat on the back, or a comment during a team meeting. Feedback is welcomed by excellence. Good organizations make space for candid conversations in which individuals can freely exchange ideas, pose inquiries, and demand progress. Continuous feedback and changes to the way things are done should be central to any strategy. The reality is that not everyone will instantly embrace an outstanding culture. Change hurts, especially for employees who have been used to doing things a specific way. Increased expectations may be interpreted by some as requiring more effort from them, and for employees

who haven't been completely involved, that will be true. So, how do leaders respond to such circumstances?

When bringing about change, pushback is inevitable. Some employees will reject expectations, while others will feel threatened. One needs to pay attention to their worries, but keep working toward greatness. When people believe they have support, they are more receptive to having higher expectations. Employees should receive coaching, training, and assistance to help them fulfill the new standards. Make sure they comprehend the definition of excellence and the methods for achieving it. Not everyone will rise to the occasion. Sit down and have candid, productive conversations with any staff members who are still opposed to the new culture. Make them aware of the impact their job has on the group and the business. Provide them with a formal improvement plan if required. Praise goes a long way, but change is difficult. Celebrate when employees rise to the occasion and exhibit greatness. To make the desired actions the norm, reinforce them. Employees should be involved in creating a culture of excellence rather than having it dictated from the top. Give them a stake in the business and provide an invitation for them to invest in and contribute to it. People will be more inclined to contribute to the solution once they feel like they are a part of it.

It is also very important that having established a culture of excellence there is a need to maintain it. How do you maintain momentum once it has been established? Businesses that maintain excellence, keep an eye on performance and make necessary adjustments. Stay adaptable to shifting consumer demands and market situations. Become resilient by viewing obstacles as chances to grow. Developing positive relationships with coworkers is essential to fostering a welcoming and cooperative environment. Decisions are frequently made as a group, emphasizing common objectives over individual contributions, and teamwork is highly regarded.

India already has many plus points in achieving a culture of excellence. The cornerstone of India's cutthroat employment economy is education. To advance in your career, you must have advanced degrees, specialist certifications, and further education. A strong educational foundation not only increases your knowledge and proficiency but also demonstrates your dedication to your chosen area. Although schooling is crucial, it's also important to note that India's work culture values learning on the job and gaining practical experience. It is quite desirable to combine theoretical knowledge with real-world abilities. It enables you to apply your abilities in practical settings. In order to advance in their careers, Indian workers frequently never stop learning new things. They actively look for chances to learn new things, attend training sessions, attend workshops, and get advanced degrees or certificates. Employees who are dedicated to learning are valued by their employers, and those with more education frequently have greater chances for advancement. Schools and institutions are highly esteemed in India. Your chances of landing a decent career may be impacted by where you studied. Because degrees from prestigious universities and colleges are regarded as having a certain level of respect and legitimacy, employers frequently favor graduates from these institutions. The family and the community also play a very important role in shaping the individual.

In India, people are becoming more conscious of work-life balance. In the past, working long hours was common, but these days, people are moving toward a healthy balance. Although deadlines are crucial, time management is typically handled more laxly than in other cultures. Different parts of India bring unique flavors to the work culture, making it diverse and inclusive. This variety encourages professionals to appreciate and learn from each other's customs and traditions, creating a workplace that values adaptability and understanding. The diverse range of cultures, languages, and customs seen in Indian workplaces reflects the country's population. Professionals from

various backgrounds come together to exchange knowledge and abilities. The diversity in the workplace isn't just on the surface; it's deep-rooted in how things work in India. As they collaborate, overcoming differences and fostering an inclusive atmosphere where everyone can benefit from one another, this cultural diversity becomes clear. There is a blend of modern and traditional elements in Indian workplaces. When speaking with senior coworkers, titles and formality are expected, and respect and hierarchy are important. Professionals in India are known for their ability to think strategically and come up with original solutions to issues. This capacity for creativity, which is frequently referred to as "Jugaad," is ingrained in the culture. Indian experts are excellent at coming up with innovative solutions to problems and thinking beyond the box.

Being proactive and forward-thinking is key to their innovative approach; it goes beyond simply making do with what is available. Indian professionals are renowned for their ability to discover effective and efficient solutions, regardless of the complexity of the scenario or the lack of resources. Innovation is highly valued in this culture as a means of overcoming challenges and advancing society. Many Indian professionals exhibit a strong sense of entrepreneurship and are motivated to develop and use novel concepts. This creative attitude promotes a culture of continual improvement in both startups and established businesses.

In Indian work culture, there is a strong emphasis on hierarchy. Organizations typically have a clearly defined hierarchical structure where authority is well established. Titles and formalities play a significant role in everyday interactions, serving as a means of conveying respect and maintaining order. Decision-making often involves consultation with higher-ups, reflecting the traditional value placed on authority and clear communication channels. Building strong interpersonal relationships is a cornerstone of success in Indian workplaces. Colleagues often invest time in developing personal connections,

enabling a collaborative and friendly atmosphere. Teamwork is highly valued, with decisions usually made collectively. The success of a project or task is frequently attributed to the entire team's efforts, emphasizing shared goals rather than individual contributions. Traditionally, long working hours were the norm in Indian work culture. However, there has been a noticeable shift in recent years towards recognizing the importance of work-life balance. This change reflects a growing awareness of employee well-being and a desire to establish a healthier equilibrium between professional and personal life. Regional variations significantly influence the diversity of Indian work culture. Each part of the country contributes unique flavors and practices to the overall professional landscape. This regional diversity enables an environment of inclusivity and adaptability, encouraging professionals to appreciate and learn from different customs and traditions.

But we also have a lot to learn from western cultures and their work ethics. Western work culture often adopts a more egalitarian organizational structure. There is an emphasis on open communication and a flatter hierarchy, encouraging dialogue at all levels of the organization. Decision-making processes may be more decentralized, allowing for a greater degree of autonomy among employees. In contrast to Indian work culture, Western work environments often place a strong emphasis on individual achievements. Recognition of personal accomplishments and contributions is a common practice, and success is frequently attributed to the efforts of individuals rather than the collective team. Efficiency and productivity are key priorities in Western work culture. Work hours are structured, clearly distinguishing between professional and personal time. Time management is crucial in Western work environments, emphasizing completing tasks within specified timeframes. Western work cultures may exhibit more standardized practices influenced by the broader cultural context. Compared to the diverse regional variations in Indian work culture, there

may be a greater degree of cultural homogeneity, with work practices less influenced by regional differences. In recognizing and appreciating these differences, individuals can navigate and thrive in diverse work environments, contributing to a more inclusive and collaborative global professional landscape.

The present book will be of assistance to youngsters, Social Scientists, NGO's and leaders who believe in excellence and want to build a culture of excellence in their homes, organisations, workplace and communities. It focuses on very important aspects like achievements, attitude, how to change the mindset, willpower, women at work and women empowerment. I am sure many professionals will find this book very useful for it will lay the foundation of one's life to achieve the maximum and excel in whatever they do.

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Achievements

An achievement is something which someone has succeeded in doing, especially after a lot of effort. Reaching this agreement so quickly was a great achievement. Achievement is the process of achieving something.

"The greatest achievement is to outperform yourself".

– Denis Waitley

"Greatness is more than potential. It is the execution of that potential. Beyond the raw talent. You need the appropriate training. You need the discipline. You need the inspiration. You need the drive".

– Eric Burns

"Striving for perfection is the greatest stopper there is. You will be afraid you can't achieve it. It is your excuse to yourself for not doing anything. Instead, strive for excellence, doing your best".

– Laurance Olivier

"The goal ever recedes ever from us. The greater the progress, the greater the recognition of our unworthiness. Satisfaction lies in the effort, not in the attainment. Full effort is full victory".

– Mahatma Gandhi

"One should not pursue goals that are easily achieved. One must develop an instinct for what one can just barely achieve through one's greatest efforts".

– Albert Eienstein

"We will be relentless in our pursuit for perfection. We won't ever be perfect – in the process we will achieve greatness".

– Vince Lombardi

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps".

Confucius Motivational Achievement Quotes

Achievement should be whether it is small or big we should celebrate with likeminded makes an impact and inspires us to empower to the next level in reality. It is like stepping stone. It helps to climb up gradually. It creates an environment to develop the work culture. Work alone gives the best results. Consistent work gives consistent results. It makes us to learn and earn more knowledge. Knowledge is powerful. It fills with desires to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is must. Set a goal and accomplish it. Dream big achieve more. Your effort should be higher than your goal. Then only things will happen in reality. Love yourself and your work. If you love your work it loves you in the form of success. Success is a journey not the destination. Successful people think differently act effectively. Efficiency is the key in this regard. There is no shortcut method for success. Winning mindset creates win-win strategy. Winners will never quit and quitters will never win. This is the rule of law. If you want to play the game you have to follow the rules. Keep on doing. Discipline is the root cause of everything. It makes us to be powerful. Inner strength gives confidence. Create your own path to follow by others. Generate your power to exhibit the skills and prove as a successful individual. It is a combination of willpower which makes us to get the things done in reality. Realistic way of approach gives the realistic results. Creating positive attitude thrive us to reach peak in real life. Life is like a journey. Enjoy your journey.

Appreciation

Appreciation is the recognition, judgment, or increase of the value of people, things, or situations. That means a judgment or opinion, especially a favorable one. It is an expression of gratitude.

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well".

– Voltaire

"The roots of all goodness lie in the soil of appreciation for goodness."

— Dalai Lama

"Time you enjoy wasting, was not wasted".

– John Lennon

"Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well."

— Voltaire — Brainy Quote'

"Appreciation for all you have done for me can never be expressed in words."

— Stresslesscountry.com

"You are an award-winning kind of a teacher, one who deserves lots of blessings for loving the good work."

— Thank you message for preschool teachers

— Elimucentre.com

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."

— Randy Pausch

"Sometimes the best things are right in front of you, it just takes some time to see them".

– Gladys Knight

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them".

– John F. Kennedy

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts".

– Henri Frederic Amiel

"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanks giving is the following of that impulse".

– Henry Van Dyke

It refers to a feeling or expression of admiration, approval or gratitude. It is like an understanding and enjoying the good qualities of something or someone. Appreciation is assessment of true worth or value of persons or things. It is a perceptive recognition of qualities, as in art. Appreciation of something is the recognition and enjoyment of its good qualities. Showing appreciation means recognizing someone's worth as a person or being grateful for something that person has done.

It can be expressed through words or actions or both, such as saying a genuine thank you, giving a gift, or praising someone publicly. Showing appreciation also involves being clear and specific about what we appreciate. Appreciation can also refer

to the act of estimating the value of things or the increase in the value of property or goods. Genuine appreciation can be shown through creative rewards tailored to each individual's interests ensuring each employee feels valued and recognized for their effort in accomplishing the goals.

Appreciation gives additional energy. It creates an interest towards our desire to fulfill the task in time to meet our goals in a planned manner and execute better in an innovative and dynamic way makes an impact on us and others as well. It helps to learn and improve our skills systematically well designed manner keeps us to fit into the next level in reality. That is the power of will. Where there is will there is a way. Willful exercise gives willful results. Mindful exercise gives the best results. Results are ultimate. Thought process is ultimate. An idea can change this world to great extent.

Encouragement is the first step to climb up the hill. It is like a step by step process. Nothing happens instantly. Instant results will not fetch much. Effort alone yields the fruitful results. Your struggle is your valuable asset. Effort will never go waste. It has its value. It allows you to think in positive way to meet the positive people to acquire positive thoughts and accomplish the positive results. Creativity is part of the process. Evaluation and appreciation gives a scope to determine and dedicate to sacrifice and focus more on our desired goals. It creates confidence and courage to face the challenges that occur on daily basis. Keep on doing. Practice makes us perfect.

Slow and steady wins the race is the best policy. Motivate yourself to understand better to know the ground realities will help to plan well and perform better and the best. Hearing is an art. Listen carefully to act effectively. Effectiveness is the way of living. Positivity is the style of function. Results will come automatically. You are the key performer. Performance alone gives results. There is no shortcut method for success.

Successful people will think differently act efficiently to work collectively for achieving the goals in strategic manner and create the work culture with good environment. Ambience plays vital role for creating good appearance will allow people to join the hands together. Togetherness gives strength. Be strong and stable. Stability gives ability. Ability gives strength. Skill development is part of the process to learn and improve on our own.

A Good Word

A good word generally refers to a statement of approval, support for someone or something. It is used in phrases like put in a good word for me that mean to speak favorably about someone to others.

"Your words have the power to hurt, to heal, open minds, open hearts, and change the world. Never forget the responsibility you have over the words you speak."

— Steven Aitchison

"Actions speak louder than words. We can apologize over and over, but if our actions don't change, the words become meaningless."

— Wisdomlovequotes.com

"Don't be afraid to take an unfamiliar path, sometimes they're the ones that take you to the best places."

— Pinterest.com

"A flower cannot blossom without sunshine, and man cannot live without love".

– Max Muller

"You don't have to explain why you want anything. When you want to explain why, you almost always get off your path. We want you to reach the place where you say, "I want it because I want it," and mean it.

— Abraham

"Truthful words are not beautiful; beautiful words are not truthful. Good words are not persuasive; persuasive words are not good."

Laozi quote

"Words transform. Speak only with a good purpose. Say only things that serve you and others. Choose your words wisely".

– Robert G. Allen

Words are like birds fly from one place to the other and rise in the sky high without frontiers across the globe and allow us to misunderstood, very fast with rumors and gossips without any weight. They sail like a boat in the river smoothly without fear freely and frankly in the minds of people to grow like a nest. It is in our hands to believe or not. Belief process is a great concept. It creates trust and credibility in long run. If you believe blindly people will tell anything and everything. Application of brain is vital and valid to work only on good things to hear and spend our most valuable time on good friends, associates, company and society at large keeps us busy not to have time to listen and hear the unnecessary and unwanted things in this world. Wisdom is a God given gift. Attitude is our view point and frame of mind to posture us to grow with positive mindset allows us to move with right people at right time in right place for right cause with right spirit makes us to become the right person in this world. Friends circle, neighborhood, society, parents and teachers will play vital role in this respect.

It is not one day affair whether to be good or bad it is a lifelong process. We have to cultivate this habit right from childhood. Seed will grow as a plant and spread it like a banyan tree with deep roots to create our structure in such a way that it makes an impact on the part of society at large. As an individual we have to cherish ourselves like an eagle and never compromise to stop in middle till you reach your goal by hearing good words and doing good things to set an example to others. It gives pleasure and satisfaction. A satisfied person is better than a successful

individual. Success is a journey not the destination. Success needs effort and ability to prove and perform better and the best. You are the key performer. Performance alone gives results. Results are ultimate. An idea can change this world to great extent. Thought process is ultimate. Love yourself and your work. If you love your work it loves you in the form of success.

A Prayer for You

At its core, saying "I am praying for you" signifies a profound commitment to bring the person's concerns, struggles, or desires before God in prayer. It is an act of faith, a belief in the power of prayer to invoke change, provide comfort, or offer guidance.

Prayer is an invocation or act that seeks to activate a rapport with an object of worship through deliberate communication. In the narrow sense, the term refers to an act of supplication or intercession, directed towards a deity or a deified ancestor. More generally, prayer can also have the purpose of giving thanks or praise, and in comparative religion is closely associated with more abstract forms of meditation and with charms or spells.

Prayer can take a variety of forms: It can be part of a set liturgy or ritual, and it can be performed alone or in groups. Prayer may take the form of a hymn, incarnation, formal creedal statement, or a spontaneous utterance in the praying person.

"I said prayer for you today that God would touch you with his healing hand and give you comfort and peace you need to get through".

– Prayer Bowls

"Dear God. Know sometimes I forget to praise you. When things are particularly bad my faith weakens and I doubt you. But, in the end I am always grateful that you love me unconditionally. You see to it that I rise to a new day".

- Amen

"Prayer of Gratitude: Thank you. Lord, for abundance that is making my life richer, for blessings filling my life now. Thank you for loving me and being with me right where I am, and for divine ideas that are helping me prosper in a continuous way in every area of my life, now, and in the future".

– Daily Prayer – Because a beautiful life doesn't just happen

The prayer gives lot of relief. It generates power within to create the light to see the things in right perception makes an impact on us in reality. It inspires and empowers us to thrive on our own to look the possibilities with our effort and ability makes it happen in real life. It also constructs the bridge to cross the river and sail smoothly without pain. All these things will happen and become possible with great sense of determination and dedication then sacrifice to focus more on our desired goals with faith on God. Faith leads us to move forward with great zeal of enthusiasm in order to fetch the fruitful results in due course. Willpower is ultimate. Thought process allows us to have a great mindset. It generates power within. Inner strength is the main criteria to plan well and perform better and the best. Your confidence levels will increase to get the courage and gives strength to enable you to proceed further with one step forward to reach miles and miles in your journey. It also helps to reach your destination in time safely without any obstacles and hurdles by praying God to reach the milestones in real life. Creativity is the way of living. Path creation is like diversification.

Transformation leads our life to reach new heights in this process. Think differently act efficiently achieve accordingly is the style of approach. Optimistic way of thinking keeps us in positive way of living. Positive attitude allows us to reach positive people to attain positive thoughts and acquire positive results in real life. Wisdom is a God given gift. Self-reflection evaluates, appreciates, enhance us to the next level in reality. Value creation is an art. It is possible by yielding ourselves to fit in others shoe helps to negotiate. It leads to twin win strategy.

It also gives scope to understand better and the best. When we understand others we can win their hearts in better way. Unity gives strength. It creates team spirit. Teamwork is vital. It generates power within. Knowledge is more powerful. Skill improvement is need of the hour. Learning is the first priority to improve and develop the skills on our own. It is a continuous process. It cultivates discipline and dedication. It builds character and conduct of an individual to grow in right perception. They help an individual to measure the performance of a personality to assign a job or allocate some work to identify and proceed to continue. Trustworthiness is the criteria to prefer a person or a product for that matter is essential and worth full. We should maintain long term relations and stand trustworthy in the minds of people. It is not one day affair. It needs patience, helping nature, kind heart, love and affection makes everything possible.

A Growth Mindset

A growth mindset is defined as the belief that a person's abilities and intelligence can be developed over time through effort, learning and persistence. It emphasizes that skills can be learned that failures are viewed as opportunities for improvement rather than setbacks. This mindset encourages individuals to embrace challenges and see all experiences as learning opportunities.

"Be grateful for every second of every day that you get to spend with the people you love. Life is very precious".

– Simple Reminders

"When you are dealing with someone who only has a pair of underpants on, if you take his underpants, off he has nothing left – he has naked, you are better off trying to find him a pair of trousers to complement him rather than change him".

– Arsene Wenger

"One thing I absolutely love and adore about some people is, no matter how bad they have been treated, no matter what they are feeling, no matter what they have been going through… they still have a heart of gold and endless love to give. That's one thing no one can ever take away from them".

– K. Manderson

"In the end, only three things matter. How much you loved, how generally you lived, and how gracefully you let go of things not meant for you".

– Project Purposeful Living

"Overcoming poverty is not a task of charity it is an act of justice. Like slavery and Apartheid, poverty is not natural. It is man-made and it can be overcome and eradicated by the actions of human beings. Sometimes it falls on a generation to be great. You can be that great generation. Let your greatness blossom".

– Nelson Mandela

If you're working toward a goal, adopting a growth mindset can be one of the most beneficial things you can do to enable your success. With a growth mindset, you'll be mentally primed to navigate challenges, enjoy the learning process, and see your progress, whether big or small.

A growth mindset helps people get through challenges and setbacks. Not everyone is born with this kind of mindset. But kids and adults can develop the belief that things that are hard to do now may not always be hard.

Growth mindset describes a way of viewing challenges and setbacks. People who have a growth mindset believe that even if they struggle with certain skills, their abilities can improve. They think that with work, their skills can get better over time.

Having growth mindset can have real benefits. It helps people reframe their approach to challenges and stay motivated to work to improve skills. Instead of thinking "I can't do this," they think I can't do it yet."

The theory of growth mindset isn't new. It came out of research by psychologist Carl Dweck and her colleagues. Their research focused on kids. But the concept applies to adults, too.

When you have a growth mindset, you tend to feel confident, motivated, and optimistic—even when things don't go exactly the way you'd hoped. When you have a fixed mindset, you may feel easily discouraged, insecure, or like you're not good enough. A growth mindset is the belief that abilities and

intelligence can be developed over time. When a person has a growth mindset, they tend to see all experiences—positive and negative—as learning opportunities. Rather than view a setback as a failure, they'll receive it as information to make their path forward more productive.

A growth mindset turns challenges into opportunities. Opportunities are plenty. Every day is a new opportunity. It is in our hands to open the doors and invite them to full length. It inspires and empowers us in every step of our journey. It motivates and enhances us to the next level in reality. It drives us towards growth and development by thinking in positive direction with positive attitude. Positivity is the power of spirit and spirituality. Spirituality is the love and kindness to treat the people with great heart and happiness.

Academic Excellence

Academic excellence is the demonstrated ability to perform, achieve and excel in scholastic activities. Academic excellence requires dedication, passion and hard work.

"Education is an ornament in prosperity and a refuse in adversity".

– Aristotle

"We are what we repeatedly do. Excellence then, is not an act, but a habit".

– Aristotle

"The planet does not need more "successful people." The planet desperately needs more peace makers, healers, restorers, storytellers and lovers of all kinds".

– Dalai Lama

"I do a little sign on the court every time I make a shot or a good pass and I pound my chest and point to the sky – it symbolizes that I have a heart for God. It's something that my mom and I came up with in college and I do it every time I step on the floor as a reminder of who I'm playing for.

— Stephen Curry

"Making sure all our students get a great education, find a career that's fulfilling and rewarding, and have a chance to live out their dreams ... wouldn't just make us a more successful country – it would also make us a more fair and just one."

— Bill Gates

"High quality, competency — based education starts with a deep commitment to equity by leadership — school board, superintendents, and principals — that all students can and should learn. Leadership drives a community conversation that ensures equity is at the forefront."

— Aurora Institute

"We believe that school teams — Principals, teachers, and support staff — who make an outstanding contribution to their students should be recognized and their success celebrated."

— Academic Excellence Quotes

"The chief aim of education is to show you after you make a livelihood, how to enjoy living; and you can live longest and best and most rewarding by attaining and preserving the happiness of learning".

– Gilbert Highet

"When the school is organized to focus on a small number of shared goals, and when professional learning is targeted to those goals and is a collective enterprise, the evidence is overwhelming that teachers can do dramatically better by way of student achievement".

– Michael Fullon

Academic excellence is the main source to accomplish it through learning attitude from distinguished faculty who has an outstanding and commendable knowledge on various subjects make the incumbents to exhibit their skills at various levels in most of the institutions is a welcome sign on the part of student community. Teaching and learning is one area which gives scope to grow together by sharing our knowledge while teaching makes an impact and continue like a flowing river which flows to crop up gradually to shine our light and brightens our mind to stabilize and make it strong and stable

in long run. Utilizing the available resources is a main object in given time by putting an effort with learning attitude gives scope to grow better and the best on the part of student is stressed here on this occasion. Discipline and dedication with determination helps to focus more and sacrifice for the sake of new opportunities to create and follow accordingly. Guidance and support is the key exercise on the part of guides to inspire and empower research students will motivate to move forward in their journey in an innovative and dynamic manner helps to achieve their goals in long run. A lot of coordination is required among the team mates.

Appreciate Richness

It is to slow down and embrace the richness that is all around us. That's what this week has given me—more focus, more reverence, more presence, and more of "me" in my life.

"Nothing in life is free someone always pays a price whether it's money or life someone always pays".

– Real Happiness Quotes

"Keep love in your heart. A life without it is like a sunless garden when the flowers are dead. The consciousness of loving and being loved brings a warmth and a richness to life that nothing else can bring."

- Oscar Wilde

"Richness does not come from wealth or splendor, but from an appreciation of those things that you cannot buy."

—Debasish Mridha

"Life is not being rich, being popular, being highly educated or being perfect. It is about being real, being humble and being kind".

– Inspirational Quotes

"Prosperity in the form of wealth works exactly the same as everything else. You will see it coming into your life when you are unattached to needing it.

—Wayne W. Dyer

Learning to appreciate your life more takes real internal work, but the benefits are worth the effort. When we appreciate the

richness that surrounds us we are more likely to live with purpose and intention. Family is one of the most valuable things in life, something always to cherish and be grateful for. Our families are there for us through thick and thin, providing us with a strong support system and unconditional love and acceptance. Whether it's sharing laughs over dinner, offering a shoulder to cry on during tough times, or simply showing up to celebrate our accomplishments, our families are always there to make life's ups and downs a little bit easier. No matter what each day throws our way, we can always find comfort and peace in knowing that our families have our backs. Whether it's sharing laughs over dinner, offering a shoulder to cry on during tough times, or simply showing up to celebrate our accomplishments, our families are always there to make life's ups and downs a little bit easier. The ability to wake up each morning feeling energized and ready to conquer the day is a gift not to be taken lightly. We often overlook a healthy immune system until we face its absence. It is a fundamental component of a happy and fulfilling life that allows us to experience the world to its fullest potential. Being grateful for our health means, recognizing its value and protecting to nurturing it, through healthy lifestyle choices.

Life style determines everything. Your individuality gives your personality. Your personality is your behavior. Your behavior is your attitude. Your attitude is your character. Your character is your life style. You should nourish in every moment to improve in given circumstances with available resources as per the time allocated based on your experience makes you to become a gigantic personality in reality. You are the person who lives with you forever. No one stays with you permanently. Your satisfaction is your ultimate goal. You should satisfy yourself than others. A satisfied person is better than a successful individual. Success is journey not the destination. It needs effort and ability to prove. You are the performer. Performance is a key for everything. Be! Action oriented! Be! Result oriented! Be

practical! Live in your present! Your presence is your physical appearance. Participation is a first step to prove and perform better and the best. Engage yourself to motivate, innovate, amalgamate, absorb, adjust, equip, accommodate, affiliate, understand, organize, communicate, commit and confirm to find the facts and figures to know something about an issue which helps to reach your destination safely and securely well in time.

Appreciation Requires Maturity

In psychology, maturity can be operationally defined as the level of psychological functioning one can attain, after which the level of psychological functioning no longer increases much with age. Emotional maturity is a learned skill that requires self-awareness, education, intentionality, and hard work. It doesn't just happen accidentally.

Appreciation for people and events that come into our lives is most important because it is God's way of helping us to grow. May I say to all of you missionaries, returned missionaries, students, and others within the sound of my voice, that the ultimate in maturity is being able to feel and express appreciation, being fully aware of value and importance, and showing gratitude for it. This means that maturity has to do with self-awareness, self-knowledge and self-management.

Maturity leads to better teamwork and improved productivity. It also makes individuals more adaptable in changing work environments. Experience plays a significant role in developing maturity. Maturity does not happen overnight. It requires consistent effort and self-reflection. To develop maturity one must be willing to learn from mistakes. Acknowledge when you are wrong and take responsibility for your actions. Also, be patient with yourself and others. Personal growth takes time and experience.

"Gratitude is a sign of maturity, where there is appreciation: there is also courtesy and concern for the rights and property of others".

– Gordon B. Hanckley

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them".

– John F. Kennedy

"Age is the acceptance of a term of years. But maturity is the glory of years".

– Martha Graham

Appreciation requires maturity! It is nothing but understanding in right perception. Education gives knowledge to understand better which comes through experience. We need not read books alone to educate ourselves. We read the people, circumstances, looking in and around, occasional visits with likeminded and meetings in public gives rich experience by involving and interacting each other makes an impact on us and others as well. For example take your own family and the child does a mistake we don't throw out of house. Instead, we counsel the children at home and play our role as parents, elders and family members. We try to convince them to change and convert them to become good in reality. It needs lot of patience, understanding power coupled with love and affection is required to handle the situation in a decent way makes the society at large as we wish and feel good in reality. One error can't make them to throw in darkness. Let us see the light of good things done by them at different intervals. No one is bad or good by birth. Circumstances make them to behave like that. Situation creates to fall in depth.

Thought process is ultimate. An idea can change this world to great extent. Let us redesign, rededicate to great extent. Giving a chance make them to become a gigantic personality by realization with rectification you create a gem in reality. It has its power. Heart-fullness is a wholehearted exercise to do the good things to the best of our ability. Deal slowly and softly. Observe everything. Give a chance to rectify and reconsider

once again. You find the change in others. Change is inevitable. If we don't change the change will chase us.

Transformation leads to elevate, enhance, expand, wings widely to cross the boundaries without any limits. That is the power of will. Where there is will there is way. Give the way to others to move forward. Obstacles and hurdles will cross the barriers. Every day is a new opportunity to change. Today is not like yesterday. Tomorrow will not be like today. The climate will change. The mind will change. The mindset also will change to become good and great personality. Be optimistic! Positive attitude gives positive people to acquire positive thoughts to attain the positive results in real life. We are here to correct the mistakes not to commit the mistakes. Rectification of error is an accounting principle. Be rectified. Be modified. Balance the life like a balance sheet. We have to balance our personal, professional, family, social and spiritual life to meet the needs and requirements in day to day life. Then only things will set right in reality.

Are You Living a Pencil Life?

On the contrary, writing in pencil suggests tentativeness, caution, uncertainty, and an increased sense of freedom and creativity. With a pencil, you are being experimental, trying something out that may not end up successful.

A pencil assists you in getting started. One of the things that leads to procrastination is feeling anxious that the endeavor you're considering may not turn out perfectly—or at least not the way you want it to. And the more you worry about possible negative outcomes, the more you're likely to delay beginning it. But the truth is that in life, with all it's vicissitudes, we typically can't be sure in advance how viable an undertaking is. As in the famous proverb, "He who hesitates is lost," if we endlessly deliberate about initiating some process, relationship, or pursuit, you may well end up forfeiting its potential rewards.

Still, if you start out "in pencil," minimizing whatever tendency you might otherwise have to obsess about adverse consequences, you'll be much better off. For you'll probably come to realize that the risks you're taking aren't really what your worst-case scenarios suggested. And a more assured "go-for-it" attitude will lessen your anxiety about getting started and help you focus not on possible failure but on what you need to do to optimize the chance of success. That way you won't prematurely put off something that potentially could offer you significant benefits. If you start things out "in pencil"—not investing too much time, money, or energy in the process until you find out more about its tenability—you'll be giving yourself that much more of an opportunity to live your life in a way that contributes to its inventiveness, novelty, vigor, and ultimate fulfillment.

"My teacher once told me – "No one is perfect….. that is why pencils have erasers".

– Mahesh Bhatt

"What really matters in a pencil is not its wooden exterior, but the graphite inside. So always pay attention to what is happening inside you".

– Paulo Coelho

"The pencil and computer are, if left to their own devices, equally dumb and only as good as the person driving them".

– Norman Foster

A Pencil life works out like a coin which has two sides like a head and the tail. It needs correction to workout in such a way that we should erase our mistakes and tried to see that they should not repeat again and again. At the same time we should cultivate not to commit the mistakes to the extent possible and give scope mistakes should not happen by applying our brain gives great satisfaction. After all we are human beings. We commit mistakes in general. As a matter of fact, nobody is exempted from this kind of life. Let us try to minimize to reduce them by not using eraser is a good concept. If we go on using the eraser regularly scratches will appear on our life like a paper and looks dirty in reality. It creates bad image and create an impression that we are not wise in the minds of others. As a result, it effects our reputation and people will try to avoid us. Instead we should cultivate the good habits to maintain the best character creates a path to follow us by others. It gives pleasure and satisfaction.

Satisfaction plays a key role. Role playing is an art. A satisfied person is better than a successful individual. Individuality is our way of living. Clean and green are the style of living. Swatch Bharat is an example to set and create a clean and free life to make our society as part of this great universe. It

is the universal fact. Fact is truth. It works like fire to brighten us within to generate the power to inspire and empower us in many ways. Empowerment is need of the hour. It helps us to shine like sunrays to give light in darkness. It works like knowledge. Knowledge is powerful. Skill improvement is part of life. Life teaches us many lessons. Each lesson is an indicator to work out and rectify them in real life. You can write your own book to read by others and it works like a guiding factor to guide and enhance their lives in practice. Practice makes us perfect. Consistent effort gives consistent results. Results are ultimate. Be a result oriented. Struggle alone gives results. There is no shortcut method for success. Success is a journey not the destination. Winners think differently work effectively. Keep on doing. You are the key performer. You are the best in this world. You only can do anything and everything in reality. Keep up! All the best!

Attitude

Your attitude can influence not only your own emotions and behavior but also how others perceive and respond to you. From being optimistic and positive to displaying negativity and skepticism, your attitude can shape the outcomes of various aspects of your life. Let's explore the power of attitude and how it can play a key role in your personal and professional relationships.

"I don't even expect people to like me anymore. I'm in my own world".

– Positive Attitude Quotes

"My attitude is that if you push me towards something that you think is a weakness, then – I will turn that perceived weakness into strength."

— Michael Jordan

"Attitude is a little thing that makes a big difference."

— Winston Churchill

"There is no market for your emotions, so never advertise your feelings, just display your attitude".

– Positive Attitude Quotes

"The greatest discovery of all time is that a person can change his future by merely changing his attitude."

- Oprah Winfrey

"I just try to keep an attitude that I do not know what I am doing. Not to the point where I am beating myself up, but I just go in thinking that I have a lot to learn. And I hope I still have that attitude 30 years from now."

— Tobey Maguire

"Gratitude should not be just a reaction to getting what you want, but an all the time gratitude, the kind where you notice the little things and where you constantly look for the good, even in unpleasant situations. Start bringing gratitude to your experiences, instead of waiting for a positive experience in order to feel grateful."

— Quotesgram.com

An attitude is a summary evaluation of an object of thought. An attitude object can be anything a person discriminates or holds in mind. Attitudes include beliefs, emotional responses, and behavioral aspects indicating mood or emotion. When you can evaluate your attitudes and how they are formed, you can start to unravel harmful attitudes and replace them with more productive and open-minded ones. Attitudes have been studied in psychology for quite some time as scientists have tried to figure out how people can hold such vastly different beliefs. If you refer to someone as a person with attitude, you mean that they have a striking and individual style of behavior, especially a forceful or aggressive one.

Attitudes are fundamental determinants of our perceptions of, and actions toward all aspects of our social environment. Attitudes involve a complex organization of evaluative beliefs, feelings and tendencies toward certain actions. Attitudes are simply expressions of much we like or dislike various things. Attitudes represent our evaluations, preferences or rejections based on the information we receive. Attitude may be defined as an enduring predisposition or readiness to react or behave in a particular manner to a given object or situation, idea, material or person. An attitude is not a thought or a feeling, but rather a set

of small behaviors. It includes facial expressions, tone of voice, and body language. An attitude is a way of thinking that you can express just by standing a certain way. For example putting your hands on your hips and rolling your eyes expresses one kind of attitude. Positive attitude creates positive environment. Flexibility, generosity, kindness, curiosity, open-mindedness, resilience, optimism, gratitude, courage, humility, forgiveness, empathy, acceptance, appreciation, integrity, patience, frame of mind, school of thought, outlook, view point creates positive energy and gives more strength to move forward with one step to reach miles and miles in our journey to reach our destination well in time is the right way of living.

Author Corner

Author's Corner is a group of individuals and academicians engaged in higher studies. Author's Corner offers academic writing assistant who needs to complete their task, assignment and thesis writing.

Kevin Durant's favorite quote is "Hard work beats talent when talent fails to work hard." What does that quote mean to you Kevin? "No matter how good you are, if you don't work hard, nothing goodwill happen to you. So I always use that quote and instill it in myself that no matter how good I am I gotta' — keep working."

— Kevin Durant

"It's within our ability to cause everything to change. Rather than letting past hurtful experiences sap our energy and sabotage our success, we can use them to fuel positive, constructive change."

— Darren Hardy

"Believe in your ability to figure things out. With enough time, effort and discipline you will learn and grow and achieve. You will bring your art and mission and dreams to fruition. Trust in yourself."

— Brendon Burchard

"Your vision will become clear only when you can look into your own heart. Who looks outside? Dreams: Who looks inside? Awakens."

— Carl Jung

"Writing is a job, a talent, but it's also the place to go in your head. It is the imaginary friend you drink your tea with in the afternoon."

— Ann Patchett

Writing a novel can be a daunting task. But with the right strategies and mindset, it can also be a source of deep creative satisfaction — even joy. Author In Your Corner shares expert writing advice by published authors through books, courses and more to help you bring your own novels to life.

Karin Adams — Author & Creative Coach

Make writing your job as a profession. When you consider it as a profession you will try to learn and improve on daily basis. Learning is a first step to move forward to reach miles and miles in your journey. It shows the ways and means in all respects at all times on all occasions. Desire is the key factor to show an interest on something or the other. It keeps on touching your heart, mind, all the time and makes you to remember and ask yourself to make an attempt and complete the task assigned in time. That is the power of will. Will gives skill. Skill gives ability. Ability gives strength. Be strong and stable.

It allow to face the challenges that occur in course of action. It also creates confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals. Set a SMART goal and accomplish it. Let your goal should be specific, measurable, achievable, reliable, and have time bounding. At the same time, your effort should be higher than your goal. Then only things will happen in reality. Practice makes us perfect. Regular practice gives discipline. It develops the positive attitude. Attitude plays a key role in real life. Attitude is our gratitude. Keep on doing. Never stop in middle till you reach your goal irrespective of the obstacles and hurdles that occur during the process. Commit yourself. It has its own power. Inspire and empower to grow gradually.

Evaluate and appreciate yourself. Love yourself and your work. If you love your work it loves you in the form of success. Success is a journey not the destination. Successful people think differently act efficiently. Activeness gives effectiveness. Effectiveness gives efficiency. Efficiency gives success. Success gives power. It shoulders responsibility and accountability. You are answerable for your acts and make others feel happy. Happiness gives satisfaction. A satisfied person is better than a successful individual. Be happy and enjoy your journey.

Begin the Day New

"Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

– Ralph Waldo Emerson

"Something special awaits you each day. All you need is to recognize it and make the most of it. Have a positive attitude throughout the day and then that today is going to be the best day of your life."

— Anonymous

"Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend — or a meaningful day."

— Dalai Lama

"For the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something."

— Steve Jobs

"Each new day allows you to begin again. As you awaken, remind yourself that your future is not yet written. You have the ability to make it exactly as you'd like and create as many memories as you can every single day. The little things are what really matter."

— Rebecca Fox

As I wake up each morning, I am reminded of a simple yet profound idea that each day is a new day. This idea has become a personal mantra for me, a reminder that yesterday's mistakes failures and shortcomings do not define me. Reading inspiring "new day quotes" has helped me to cultivate a positive mindset. It is a reassuring thought that no matter what happened yesterday? Today is a new opportunity to start fresh, to make different choices, and to create a better version of myself. For me, the idea of each day being a new day has been a source of comfort during challenging times.

Whenever I face obstacles or setbacks, I remind myself that tomorrow is a new day, a chance to try again, to learn from my mistakes, and to grow. This mindset has helped me to stay positive and motivated, even when things seem hopeless or overwhelming. But the idea of each day being a new day is not just about overcoming challenges. It is also about embracing the present moment and appreciating the beauty of life. When I wake up each morning, I am filled with a sense of gratitude for the simple things in life, like the warmth of the sun, the sound of birds singing, and the love of family and friends.

Each day is a gift, an opportunity to experience new things, to learn, to grow, and to create memories that will last a lifetime. Of course, there are days when the idea of each day being a new day is easier said than done. There are days when I wake up feeling tired, stressed, or anxious and the thought of facing another day seems daunting. But even on those days, I try to remind myself that each day is an opportunity to start fresh, to let go of the past, and to focus on the present moment.

I take a deep breath, I stretch my body, I meditate for a few minutes, and I set my intentions for the day ahead. These small rituals help me to shift my mindset from negativity to positivity, from fear to courage, and from doubt to faith.

The idea of each day being a new day has become a guiding principle for me, a reminder that life is full of possibilities and

opportunities. Whether I am facing challenges, enjoying the simple pleasures of life, or simply trying to stay positive and motivated, the thought of each day being a new day gives me hope and inspiration. So, as I go through my day, I will try to remember that each moment is a new opportunity to create the life I want, to be the person I want to be, and to make a difference in the world.

Brand Building

Brand building is the process of generating awareness and promoting a company through various strategies and tactics. It involves marketing your brand to build brand awareness, promote products, and establish a connection with your audience. Effective brand building enhances brand equity and is crucial for a company's identity and success.

Brand Building is generating awareness, establishing and promoting company using strategies and tactics. In other words brand building is enhancing brand equity using advertising campaigns and promotional strategies. Branding is crucial aspect of company because it is the visual voice of the company. Goal of brand building is creating a unique image about the company.

Brand building can be initiated with a well thought brand identity which can help create a strong brand image which goes a long way in consolidating the brand.

Brand Building comprises of creating value to consumers that how consumers feel, think and know about your brand. There are three popular brands known-

- **Product brand:** A physical product or items or goods are a product brand. Brand building is ensuring a good quality product is given to the customer along with good brand visibility, packaging, warranty etc. All these cumulatively help in brand building.
- **Service Brand:** A non-tangible offering is a service brand like telecom service, ecommerce etc. In this case, brand building is most dependent on the experience that a customer gets.

- **Retail Brand:** Retail brands are a combination of service & product i.e. products are sold through a service offering. Hence brand building has to ensure good customer experience as well as high quality products.

"Your personal brand is what people say about you when you are not in a room".

– Jeff B

"Life is a marathon not a race".

– Zig Ziglar

"Branding is the art of aligning what you want people to think about your company with what people actually do think about your company and vice versa".

– Jay Baer

The true measure of success is to build the brand image is possible through trust in long run. It will not happen overnight. It needs creativity. It needs patience. It also needs to handle and accumulates the values in reality. Multi fold discipline cultivates ability to govern and gives strength to understand to plan well and execute better in given circumstances with the available resources is an art of reality. Folding their hands and fitting in their shoes will allow us to win others. Twin win strategy is better to mold in dignified way keeps us to thrive and inspire to empower in long run.

Goodwill is the ultimate aim in business activity. It needs determination, dedication, trust, sacrifice to focus more on our activities is mandatory in day-to-day business. Value creation is value added for an individual or the institution we run, organize and establish with great difficulty. It needs lot of effort to train and hire the people who qualified and well experienced in their fields only possible and makes it happen in reality. Attitude plays vital role in this respect. Positive attitude makes

to reach positive people to acquire positive thoughts and attain the positive results.

Optimistic way of approach gives optimistic results. Positive mindset gives peace of mind. Business needs relationship. People will come first and relations will improve slowly with our interaction. Co-ordination and co-operation play active role in this respect. Quality, affordability, ambience, treatment, are four pillars to make the building strong in business also it gives strength to stand well as businessmen or women. Celebrations are like festivals to win the hearts of customers by treating them respectfully give chance to visit again and tell others by word of mouth. Mouth presentation makes an impact in long run. Professional approach cultivates positivity in reality. Training helps to guide employees and train them to contribute efficiently through learning. Skill improvement is need of the hour. It helps to grow the organization well in public and stand as role model to others. Setting an example to others is a great concept.

Buddha's Wisdom

Buddha's wisdom, as described by Mahayana and Theravada traditions, encompasses profound understanding and enlightenment that transcends ordinary knowledge. It emphasizes the ultimate realization of reality, essential for guiding sentient beings on the path to liberation from suffering and ignorance. Buddha's wisdom in Buddhism embodies profound understanding of life, suffering, and the path to nirvana. This ultimate knowledge transcends ignorance, guides enlightenment, and enables compassion, emphasizing insight accessible through spiritual cultivation.

The way to happiness is: keep your heart free from hate, your mind from worry. Live simply, give much. Fill your life with love. Do as you would be done by. Mind is everything. What we think, we become. Happiness will never come to those who fail to appreciate what they already have.

The five wisdoms in Buddhism are:

Mirror –like wisdom: Reflects the true nature of reality without distortion.

Wisdom of equality: Recognizes the inherent quality of all beings and phenomena.

Discriminating wisdom: Allows for the discernment of differences and the ability to make distinctions.

All-accomplishing wisdom: Represents the ability to achieve all goals and fulfill all aspirations.

Wisdom of Dharmadhatu: The ultimate wisdom that understands the nature of all phenomena as interconnected and empty of inherent existence.

The five wisdoms are five kinds of wisdoms which appear when the mind is purified of the five disturbing emotions and the natural mind appears. All of those five wisdoms are represented by one of the five Buddha-families.

"The fact that you are struggling does not make you a burden. It does not make you unlovable or undesirable or undeserving of care. It does not make you too much or too sensitive or too needy. It makes you human".

– Buddha

Don't be too hard on yourself. There are plenty of people willing to do that for you. Love yourself and be proud of everything that you do. Even mistakes mean you are trying".

– Incredible Buddha Motivational Quotes

"Never blame anyone in your life. Good people give you happiness. Bad people give you experience. The worst people give you a lesson. And the best people give you memories".

– Buddha Teaching & Science

"Whatever you hold in your mind will tend to occur in your life. If you continue to believe as you have always believed, you will continue to act as you have always acted. If you continue to act as you have always acted, you will continue to get what you have always gotten. If you want different results in your life or your work, all you have to do is change your mind".

– Pinterest.com

Life is not easier, simpler or better as we think and things will not move in same direction as we wish in reality. It consists of various problems, tough situations, unexpected obstacles and hurdles with difficulties to stop the movement due to various reasons. We have to learn and improve to meet the needs and

requirements to pass steadily and carefully in every step in this process. Time plays vital role in this respect. As the time passes if things delayed our struggles and stress levels will increase and create negativity towards goals and strain creates health problems while facing tough conditions in reality. To avoid this we need to cultivate positive attitude by improving our skills through learning makes an impact on us and others as well. We have to balance our life style personal, professional, family, cultural, social and spiritual life gives pleasure and satisfaction. It also provides peace and prosperity. It is an indication that we visualize in strategic and organized way to meet the needs of our own commitments with proper planning and implementation. Performance alone gives results. Learn to be happy and accept the events that occur in day-to-day life. Once we accept we accustom to handle things in different way.

Build Social Value

This can be understood as **benefits to the community** that derive from an improved built or natural environment, positive impact on health and wellbeing, social inclusion, cultural enrichment, etc., all which ultimately improve the quality of life of people. Social value is the quantification of the relative importance that people place on the changes they experience in their lives.

From our activities under the Social Value Program **UKGBC identified a need from the built environment sector to establish a definition of social value that focused on the impact that buildings, infrastructure and places have on people**. Social value in the built environment refers to the positive impact on people's quality of life when buildings, places, and infrastructure support their environmental, economic, and social wellbeing.

"Leadership is the catalytic gift that energizes, directs and empowers all the other gifts".

– Bill Hybels

"If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then. You are an excellent leader".

– Dolly Parton

"Leadership can be thought of as a capacity to define oneself to others in a way that clarifies and expands a vision of the future".

– Edwin H. Friedman

"Leadership is not defined by the exercise of power but by the capacity to increase the sense of power among those led. The most essential work of the leader is to create more leaders".

– Mary Parker Follett

"Leadership is the capacity to influence others through inspiration motivated by passion, generated by vision, produced by a conviction, ignited by a purpose".

– Myles Munroe

"A good leader inspires people to have confidence in the leader. A great leader inspires people to have confidence in themselves".

– Eleanor Roosevelt

"For a successful entrepreneur it can mean extreme wealth. But with extreme wealth comes extreme responsibility. And the responsibility for me is to invest in creating new business, create jobs, employ people, and to put money aside to tackle issues where we can make a difference".

– Richard Branson

Slow and steady wins the race is the best policy. Rome was never built in a day is the bare fact. All the glitters are not gold. If you want gold you should dig deeply. You can't get it on surface. Struggle alone yields the fruitful results. Your effort is your valuable asset. Effort will never go waste. It has its own value. Human values are utmost essential. Move forward to reach your destination safely in time. Forward thinking keeps us to be alert and arise to awake and announce to declare for acquiring the results. It gives more courage and confidence to gain the knowledge and understand the ground realities through our attitude and way of approach. Steadiness gives the best results. It allows to wait and understanding the situation thoroughly. Start thinking work effectively and stop worrying is the way of living. Believing yourself creates ability to get more

strength and achieve the goals in time. Acquiring knowledge is achieving strength. Training helps to gain more to great extent. Training is a continuous process. Love, kindness, goodwill, positive attitude, belief, knowledge, awareness, excellence are key ingredients to thrive on our own in reality. Openness gives peace of mind. Peace of mind gives good health. If you are healthy you are strong to work smart. Network is net worth. Connections are like collections to gain more and more knowledge. Knowledge is powerful.

Determination, dedication, courage, sacrifice, confidence helps to focus more on our desired goals. Set a goal and accomplish it. Your goal should be specific, measurable, affordable have time bounding. Your effort should be greater than your goal. Then only things will happen in real life. Life is like a journey. Enjoy your journey. Love yourself and your work. If you love your work it loves you in the form of success. Success is a journey not the destination. Winners think differently act efficiently. Winners will never quit and quitters will never win. Twin win strategy is the style of living. Be happy and enjoy your journey. It is a God given gift.

Build Your Ladder

The image of a ladder is a powerful metaphor for the journey to success. Each rung represents a crucial step on the path, an effort that brings us closer to the top. The concept of "climbing the ladder" is a powerful metaphor that encapsulates a journey of growth and striving. The idiom "on the ladder" is a commonly used expression in English that refers to someone who is making progress or advancing their career, social status, or personal life. Dreaming of a ladder can mean that you are connected to your activities and are working hard to achieve your goals. The ladder also represents the state of mind in which you are currently meditating. Ladders symbolize that journey an ascent toward your goals. "Climb the ladder" is an idiom that represents the gradual and steady progress in one's career, or social position achieved by obtaining higher positions or more success and recognition.

"Be the kind of woman that when your feet hit the floor each morning the devil says. "Oh Crap, She's up!"

– Powerful Women's Day Quotes

"Your value doesn't decrease based on someone's inability to see your worth".

– Best Inspirational Quotes

"Surround yourself with people who see your value and bring out the best in you. Let go of those who diminish your worth".

– Balmy Quotes.com (Redefining Happiness)

"No one is going to value you more than you value yourself. If you don't value yourself, then you will always be attracted to people who don't value you either".

– Value Yourself Quote

Just as one climbs higher on a ladder, they are moving upward and making progress towards their goal. Building your own ladder gives strength to build your own career. It is like a step by step process. It needs more patience and skill improvement on your own is not an easy task. It is possible. Nothing is impossible in this universe. It needs coordination, cooperation, freedom, support and guidance, willpower, unity, determination, dedication, confidence, courage, sacrifice, love and kindness, better understanding power with peers and colleagues makes an environment is created. Creation of a path in an innovative and dynamic way gives satisfaction. It helps to move together and make it strong in long run.

A trust is being created. Creating trust is the first step to climb up a ladder step by step in this process. Slow & steady wins the race is the best policy. All the glitters are not gold. If you need gold you should dig it deeply. You can't get it on surface. The river will never flow reverse. Believe! Belief gives everything. Struggle alone gives results. Your effort is your valuable asset. Effort will never go waste. It has its own value. Keep on doing. Consistency is key exercise. Every day is a new opportunity. Think wisely and perform better and the best. You are the best performer. You are the winner. Win-win strategy is the best policy. Knowledge is more powerful. Learning is a lifelong process. The meaning of "success is a journey" is that success is not a destination, but rather a process of working through each step to arrive at the next one. Success is a journey that continues throughout life, and it is not something that can be achieved and then forgotten. This journey makes life more enriching because it helps us get more perspective, new people, and enables us to learn. To be standout success is to take each new beginning and follow it through to the end. Success is a journey

not a destination meaning isn't something complicated. Success is a deeply personal concept that varies from individual to individual, encompassing achievements in personal fulfillment, professional growth, and meaningful contributions to society. For many, success is defined by the attainment of specific goals, whether they are personal, professional, or academic. This could mean reaching a career milestone, completing a project, or achieving a personal aspiration.

A successful person is generally defined as someone who sets and achieves goals, which can vary widely among individuals. Success may be viewed as happiness and fulfillment for some, while for others it may involve status and accomplishments. Common traits of successful individuals include resilience, discipline, adaptability, and relentless pursuit of excellence. Ultimately success is subjective and can mean different things to different people, such as attaining social status or finding genuine satisfaction in life.

Build Your Value

Adding value is something you do in a negotiation by adding something to sweeten the offer. This is one way to win the deal without using a price concession.

A simple example is that your client complains about the price of a product or service. Instead of lowering your price, you offer them something that costs you little while improving your offer. It could be a service contract, an ancillary offering, or better payment terms. If you are a small business, offering free upgrades can allow you to be profitable. This strategy is worth considering when you are asked to lower your prices. Eventually, it can improve your net profit and revenue. The challenge with adding value is that it doesn't always work. Some clients won't be moved by the value you can add and will continue to push for a lower price. Successful businesses use all three of these strategies: creating value, building value, and adding value. Different sales scenarios require the right strategy.

Creating value: You want to know how to create value in sales conversations. That is what causes your prospective clients to prefer you and your company over your competitors.

Building value: You build your products' value by positioning your offerings well.

Adding value: You should add value when you need to provide more value to win the deal without a price concession.

"Your value doesn't decrease based on someone else's inability to see your worth".

– Value Business Quotes

"Build something of value and deliver a service compelling enough that people would just use it".

– Walter Isaacson

"It's not hard to make decisions when you know what your values are".

– Roy Disney

Build your value is a great concept. It depends on how you behave, deal, observe, grasp, digest and act upon the things you realize and react makes an impact on you and others as well. At the same time maintaining relations are equally important. It is on active and value based to create our own value is crucial to maintain standards in real life. Your word is vital while speaking and replying makes sense and gives deep meaning for creating the value in long run. It cultivates and develops to increase our respect in the minds of others. It builds an image which gives value to us. Human values are utmost essential. If we maintain human values it automatically builds the values and maintaining the standards in reality.

Realistic values give the best results in day-to-day life. Life is a precious gift given by God. We can think better to do the best in given circumstances with the available resources is an art. Art of living is art of loving. Art of loving is the art of kindness. Worthiness is the base for worth consideration. When somebody is considering means we are worth considered. Then only people prefer us. That means we should feel more responsible and accountable in every aspect. It proves reliability and respectable. It creates an environment to thrive and improve on our own. Skill improvement is need of the hour. Learning is a continuous process. It gives perfection. It leads us to be able to move forward with strong willpower and gives strength. When you are strong you can help others. Be strong to prove and perform better and the best. You are the best in this world. You are valuable.

Brave Inspire Brave

Brave inspires brave is building a brighter future through bravery. Inspiring bravery is a personal quest for growth and success of our movement. It wins our doubts and dreams in any case.

"Our fate lives within us. You only have to be brave enough to set it."

—Brave Movie Quote

"Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it."

—Bear Grylls

"Being brave means knowing that when you fail, you don't fail forever."

—Lana Del Rey

"Bravery is the ability to look fear and hurt in the face and say move aside, you are in the way."

—Melissa Tumino

"The fear of the unknown is so powerful it convinces us to stay in the misery of our current situation simply because we know it already."

—Tory Eletto

Brave inspires brave podcast is a welcome sign empowering the vision with Marlene Foster hosted by H. E. Heather Mc. William presents as new year gift to us to bring some kind of change by passing new resolutions in our lives keep us fit to

meet the challenges that occur in due course. Inspiration will inject new thoughts in our mind to ensure and empower us in all respects to move forward with one step will allow to reach miles and miles in our journey.

Life is like a journey. Let us enjoy our journey in creativity. Creativity gives new style of living with innovative approach and dynamic manner makes us strong and stable to help others. Relationship is a key for everything. Whether we deal with our customers, friends, colleagues, seniors, officials, or even our relatives makes an impact on us and others as well if we maintain good relationship with them it helps to grow and create our own mark in reality.

It also gives an opportunity to understand better by hearing carefully. Careful observation is an art. It helps to solve the problem quickly with our skills acquired by experience will help them to rely on us in long run. Creating goodwill is not an easy task. It needs effort, patience, reliability, positive attitude, love and kindness above all compassion. A small support and guidance makes an impact on the part of a person who needs assistance gives a great relief. Unexpected events will happen in anyone's life anytime.

Preparation helps to meet the contingencies that occur in day-to-day life. Provision has to be made on regular basis. Part of our income should allocate towards thrift gives great relief in long run. If we save today it saves our future to meet the needs and requirements of tomorrow. Passive income is one among them. It works all the time even when you sleep it generates the income to meet your needs and gives relief to lead your life peacefully. Stability gives ability. Ability gives strength. Be strong and stable. It works like a pyramid. Celebrate every small win. It inspires and empowers you in every step of your journey. Life is like a journey. Enjoy your journey. Love yourself and your work. If you love your work it loves you in the form of success. Success is a journey not the destination. Appreciation

gives team spirit. Teamwork is essential. Togetherness gives strength. Win-win strategy helps to live longer. Flexibility gives more options. Be blissful. Show your gratitude towards God, people in and around. Your success is not yours alone. It is a combination of so many factors behind your success. Realize! Recollect! Respond! Respect it. Then you become brave to inspire others. No doubt, you are! You only can! Believe! Belief gives everything.

Change Your Mindset

To change your mindset is not easy-but is one of the most powerful things you can do. Learning how to recognize a negative mindset is the first step. The right mindset changes everything.

"Whatever you hold in your mind will tend to occur in your life. If you continue to believe as you have always believed, you will continue to act as you have always acted. If you continue to act as you have always acted, you will continue to get what you have always gotten. If you want different results in your life or your work, all you have to do is change your mind."

—Pinterest.com

"Be confused, it is where you begin to learn new things. Be broken, it is where you begin to heal. Be frustrated, it is where you start to make more authentic decisions. Be sad, because if we are brave enough we can hear our heart's wisdom through it. Be whatever you are right now. No more hiding. You are worthy always."

— S. C. Lourie

"In life, you will be taken for granted by some people no matter what you do for them. Before you start questioning your worth and feel unappreciated or unloved, remember not everyone will matter in your journey. May you find the courage to move on, so you will get a chance to meet people worth your time and effort".

— Dodinsky

No one can change anybody in this world! As a matter of fact, people have to think on their own and change themselves depending on situation and time makes them to realize and recollect their needs make them to change in reality. Transformation is one kind of change for good cause allows them to grow with right perception. Our way of perception depends on our own attitude. Attitude plays key role in this respect. Positive mindset gives us positive people to share our views with them and acquire positive thoughts for attaining positive results. Results are ultimate. An idea can change this world to great extent. Success mindset gives success. It allows you to plan well and work smart to perform better and the best in real life. Change alone makes to think differently act efficiently to learn and improve on our own motivates and enhances to the next level to reach peak over a period of time. It is like a step by step process. Nothing happens instantly. Instant results will not fetch much. Effort alone yields fruitful results. Your effort is your valuable asset. Effort will never go waste. It has its own value. You are the key performer. You are the trendsetter. You only can do anything and everything. Prioritize your work. Allocation gives clarity. Love yourself and your work. Evaluate and appreciate yourself. It gives zeal and enthusiasm. It inspires and empowers in every walk of life. It makes you to prepare and plan well to execute better and the best. Do your best. Give your best. Hope for the best. You are the best in this world. Determine and dedicate to sacrifice and focus more on your desired goals. Life is like a journey. Enjoy your journey.

You are the person with you forever. None other than you can think better. Follow your inner gut. Say yourself to put a step forward to reach miles and miles in your journey to reach the destination safely and securely well in time is the best way of approach. It gives confidence and courage to meet the requirements. Believe! Belief gives everything. It is like a pyramid and God given gift. You are the creator. Create your

own path to follow by others. Your footprints will be there even after you leave this world. You will be in the minds of people forever. Therefore, you give something to this world. It comes through unknown sources. Finally, it gives joy and pleasure. It leads to peace. A satisfied person is better than a successful individual. Success is a journey not the destination. Successful people think differently act effectively. Effectiveness is a key for everything.

Choose Love Over Fear

The concept of love not fear means choosing to have thoughts, take actions and make decisions based on love, compassion, and positive intentions rather than fear, negativity, or insecurity. Love over fear is a choice every time someone tells us something about ourselves or has an experience of us that we don't want to hear. By forgiving others and ourselves, we choose love over fear. Choosing love over fear usually leads to personal growth, and it did for me.

Any act of love can do the same for you. Following your dreams, rebuilding relationships, or even random acts of kindness. Choosing love is a healthier foundation for all of life. The small steps like expressing gratitude, initiate a heartfelt conversation, or try something new. These will build on themselves over time. You will feel it and others will too. Acting from love builds trust and creates space where others feel safe to be themselves too. Whatever the relationship, love brings people closer.

"I believe that every single event in life happens in an opportunity to choose love over fear."

– Oprah Winfrey

"When love is given freely, without expectations, it becomes a beacon of light in the darkest of times".

– Naviqotes.com

"Love is love, even if it is illicit; like light remains light even in the darkness".

– Munia Khan

"The fear is to expect punishment. To love is to know we are immersed not in darkness, but in light".

– Mother Teresa

"Light is to darkness what love is to fear; in the presence of one the other disappears".

– Marrianne Williamson

"The darkest night that ever fell upon the earth never hid the light, never put out the stars. It only made the stars more keenly, kindly glancing, as if in protest against the darkness".

– George Eliot

Always choose love over fear. Love gives energy and efficiency. It inspires and empowers us to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. Reality is the way of living. Practical thinking gives us practicality. It makes us to get the things done in time and get the results sooner. It creates confidence and courage to thrive on our own. Independent thinking gives freedom. Freedom of speech allows us to express our views in a gentle way and understanding manner makes an impact on us and others as well. It is a fundamental right to live and love in our own way. It gives peace of mind and leads to good health. Health is better than our wealth. Healthy people create wonders and set an example to others. Creativity is the way of living. It increases the productivity. Productivity is the base for reality. It improves our wealth in healthy manner to bring unity among the people. Unity gives strength. It creates team spirit. Teamwork plays vital role.

Skill development is part of the process. Learning is a continuous process. Live and love is part of our activities. Action gives results. It helps to plan well and execute better to understand well in dynamic and innovative way to find the ways and means in real life. We are breathing means we are surviving. It means

we will have to live wholeheartedly. Human values are utmost essential to lead the life in meaningful manner. Meaningful life gives meaningful ways. We came to this world with some purpose. It should be served well and become strong enough to protect yourself and others as well. The strong willpower fulfils our desires and makes us as useful citizens of this great universe. It is a universal fact. If our intentions are good people will love and guide us to move forward to reach our destination in time. That is the power of will. Where there is will there is way. Wilful exercise gives wilful results. Mindful exercise gives mind full results. Results are ultimate. An idea can change this world to great extent. Thought process is ultimate.

Cheerfulness

Laughing cheerfulness throws the light of day on all the paths of life. – Jean Paul –And so of cheerfulness, or a good temper – the more it is spent, the more of it remains.

– Ralph Waldo Emerson

"Each experience in your life was absolutely necessary to have gotten you to the next place, and the next step, up until this very moment".

– Wayne Dyer

"The energy you give off is the energy you receive. I really think that, so I'm always myself — jumping, dancing, singing around trying to cheer everybody up."

— Cara Delevingne

"Cheerfulness, it would appear, is a matter which depends fully as much on the state of things within, as on the state of things without and around us."

— Charlotte Bronte

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."

— Joseph Addison

"You've achieved cheerfulness the day you realize that no matter what's happening around you, being anything other than cheerful will not make it better."

— Tony Robbins

"Wondrous is the strength of cheerfulness, and its power of endurance — the cheerful man will do more in the same time, will do it; better, will preserve it longer, than the sad or sullen."

— Thomas Carlyle

Cheerfulness is the state of being happy and optimistic, or a bright, pleasant quality that makes you feel happy. Cheerfulness is joyfulness. Smile is full of good spirits. Cheerfulness is full of significance: It suggests good health, conscience, and soul at peace with all human nature. It defines a feeling of spontaneous good spirits; a state of moderate, entertainments, amusements, enhancements or lightheartedness. When we describe someone's attitude as cheerful, that means they are not worried about something, and they think that they should be. A cheerful attitude refers to being happy, positive, and optimistic.

It is characterized by a kind of friendly manner or behavior which conveys calmness and other qualities even in difficult situations. Cheerful individuals enjoy social interactions, make others feel good and tend to be expressive and creative. A smiling face invites win-win strategy. They like to mingle with others and share their views to accomplish the goals in right way to acquire the right thoughts for attaining the right results in right time.

Smile alone is a symbol or an indication for invitation and allow others to join with you for achieving the success in our journey. It makes us to join hands with like-minded people and communicate effectively to express our views and willingness to work together and create an environment to fulfill our needs and requirements. Togetherness gives more strength. Team work gives space for energy. We feel happy and enjoy to prove better and the best. It makes us strong and stable. It also helps to learn from others and improve in systematic and dynamic manner to fetch the fruitful results in real life. Willingness creates disciplined way of life. Desire is the root cause for

growth and development. Be grateful to yourself. Be happy with the available resources and good things happen in your life. Accept and accomplish the goals while focusing and reach your targets.

Knowledge helps to grow and perform effectively and efficiently. It makes us to reach to the next level and gives scope to elevate further to reach new heights with great zeal of enthusiasm in our journey. Happiness is God given gift. If we are happy we are healthy. Health is better than wealth. A satisfied person is better than a successful individual. Smile always. Be happy.

Choice is yours

Life is a matter of choices, and every choice you make makes you." – John C. Maxwell – Every morning you have two choices: Continue to sleep with your dreams or wake up and chase your dreams.

"Three C's in life: 1) Choices 2) Chances 3) Changes. You must make a choice to take a chance or your life will never change."

— Life Reminders — TheKumchan.com

"Yesterday I was clever, so I wanted to change the world. Today, I am wise, so I am changing myself."

— Motivational Quotes — Tailpic.com

"Don't try to change people. Make a realistic decision about where they fit in your life based on who they are, not who you want them to be."

— Peaceful mind Peaceful life — Pinterest.com

"Have you ever just stopped and realized that if you hadn't met a certain person, your entire life would be completely different?"

— Blogspot.com

Feeling gratefulness is an art! It is an opportunity given by God to all of us to show our gratitude in the form of prayer gives great relief if we pray The Almighty immediately after getting up from our bed to rise up and feel happy to show our strength for acquiring the best results to the best of our ability with available resources in given time makes an impact on us and others as well in real life. We are here to do our job on regular

basis to find the ways and means in our way keeps us alert and aware to meet the needs and requirements on daily basis. Each occasion or an event has its value to create our identity by responding through our action gives results in an innovative and dynamic way makes us to create our own mark in this world.

That is the power of will. Where there is will there is way. Willful exercise gives willful results. Mindful exercise gives willful results. Results are ultimate. An idea can change this world. World is beautiful. It is in our hands to turn it in our favor with our attitude. Attitude is gratitude. Positive attitude allows you to reach positive people to acquire positive thoughts and attain positive results. Sharing is caring. Share your success with others. Your success is not yours alone.

It is a combination of so many unknown sources behind your success. Please realize and recollect find the ways and means to share equally by showing your gratitude makes an impact in every step of your journey gives relief and satisfaction. Satisfaction plays a role. A Satisfied person is better than a successful individual. Success is a journey not the destination. Successful people think differently act effectively.

Effectiveness is a key to open the door and allow likeminded people to join together. Togetherness gives strength. It creates team spirit. A team is a combination of people, ideas, joy and pleasure, belongingness, responsible and accountable, sharing and caring, acceptance, learning and improvement, research and development, horizontal growth, and so on. Let us feel great.

Dare to dream! Dream big accomplish big! Your effort should be higher than your dream. Then only things will happen in reality. Set a goal and achieve it. Goal setting is must. Be specific to determine and dedicate to sacrifice and focus more on your desired goals. Then only things will set right in reality.

Be realistic! Be practical! Live in your present. Your present is your presence. It is your reality. Trust your gut. Gut feeling is ultimate. It gives confidence and courage. It yields fruitful results. It gives joy and pleasure. Life is like a journey. Be happy and enjoy your journey.

Consistency

Consistency is a quality that involves prudence and justice in treating others with dignity and loyalty. A consistent person displays the virtues of prudence and justice with dignity and value.

"Personal accountability requires mindfulness, acceptance, honesty, and courage."

— Shelby Martin

"No matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all. Integrity is everything."

— Simple Reminders

"Small disciplines repeated with consistency every day lead to great achievements gained slowly over time."

— John C. Maxwell

"No discipline is enjoyable while it is happening — it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way."

— family-intervention.com

"You will fix that people will always have opinions about your decisions. Don't take it personally, it's simply because they're not courageous enough to take action in their own lives. Be a leader in your life and pay no mind to those who lack the courage to do the same in theirs."

— Dr. Steve Maraboli

In the context of a relationship consistency refers to reliability, dependability and predictability. It is essential for building trust and maintaining a healthy partnership. Here are some key points about consistency in relationship:

It fosters a sense of comfort and familiarity between partners. It can help carry a relationship beyond the initial phases and lead to long-term security. Overall, consistency is a vital component of nurturing strong and lasting relationships.

Consistency means agreement, harmony, or uniformity among things or parts, or the degree of density, firmness, or viscosity of a substance. Consistency refers to agreement or harmony of parts or features, and the ability to be asserted together without contradiction. It can also mean always behaving in the same way or having the same opinions or standards. Consistency usually implies a positive sense of dependability. If you show consistency at the work place, your manager can depend on you. Consistency plays a greater role than regularity in character identification. We need to ensure consistency of service to our customers. Consistency is a key exercise. It needs ability to prove with performance by improving our skills through various means makes an impact on us and others as well. It works like a bench mark to identify and prefer an individual based on skills available in given circumstances and the time available gives more clarity. Consistency is the base for everything. Consistent people create confidence and courage to determine and dedicate to sacrifice and focus more on their desired goals. Practice makes us perfect. Positive attitude creates to listen carefully and understand thoroughly to plan well and execute better to prove and perform in an innovative and dynamic way makes their own path to follow by others in real life.

Consistent performance gives confidence and courage to learn and earn more knowledge. Knowledge is powerful. It is possible through involving and showing interest on particular

thing with keen observation. As a result, we struggle and get the results as we expect and prove with our effort in reality. It gives recognition to develop the leadership qualities. It also shoulders to feel more responsible and accountable in reality. It creates discipline to ignite the power within and generate the firm opinion to find out the ways and means to search the right people in right time at the right place for right cause to acquire the positive thoughts and attain the positive results.

Creativity

Creativity is the ability to make or otherwise bring into existence something new, whether a new solution to a problem, a new method, device or a new artistic object or form. Creativity describes the ability to find solutions to problems, or new methods of performing a task to accomplish a goal. Therefore, creativity enables people to solve problems or innovative ways. Creativity is the act of turning new and imaginative ideas into reality. Learn why creativity is crucial for success, how to develop it, and what are the myths and facts about it. You can define creativity by saying it is about rising above the conventional way of thinking, to improve and create unique approaches to ideas. Creativity can be seen as an ability you can either have a natural ability to perform, or you can learn and improve on what you have, as everybody has something they can tap into. Creativity is a skill that rises above the more traditional ways of thought and new or unique ideas are formed.

"Creativity is the ability to look at the ordinary and see the extraordinary."

— Dewitt Jones

"Creativity is seeing what others see and thinking what no one else has ever thought."

— Albert Einstein

"Creativity is not the finding of a thing, but the making something out of it after it is found."

— James Russell

"Creativity is the ability to identify self-imposed constraints, remove them, and explore the consequences of their removal."

—Russell L. Ackoff

"Creativity helps us realize that we don't have to understand everything. We can enjoy something-feel it and use it-without ever fully comprehending it."

—Faith Ringgold

Creativity is the ability to form novel and valuable ideas or works using one's imagination. Products of creativity may be intangible, or a physical object. Creativity in general is usually distinguished from innovation in particular, where the stress is on implementation. Creativity involves generating new ideas innovation is about transforming those ideas into tangible outcomes that have practical application. The distinction is critical because creativity without implementation remains an idea, whereas innovation leads to real-world impact.

Our contributions are most important than our possessions in real life. As a valuable contributor our strength appears to visualize in the form of love and kindness that shown on people who need and who are deserved indicates the ability of individuality. Spreading the message as you can and as you wish will reach more and create a positive environment in the minds of people to great extent. Consequently, it gives joy and pleasure. A satisfied person is better than a successful individual. Success is a journey not the destination.

It leads to transformation. Guidance and support gives a great relief. It brings change in the minds of people. Change is must for good cause. Change is inevitable. Otherwise, the change will chase you to the unknown place. Update, upgrade, learn and improve on regular basis. It keeps elevated to the next level in reality. It is a step by step process and makes you to reach peak. Struggle alone gives results. Your struggle is your valuable asset. Love yourself and your work. If you love your work it loves you in the form of success.

Wholehearted love & kindness creates wonders. Smile invites people to share your views and allow them to grow in reality. Sharing is caring. Share your success with others. Your success is not yours alone. It is a combination of so many unknown sources behind your success. Believe! Belief gives everything. It creates confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals in real life. You are the key performer.

Performance is base for everything. It creates leadership qualities. A leader is a reader. All the readers are not leaders. Watch and observe everything. Silence is gold. It gives an opportunity to listen carefully. Careful listening gives great understanding. Once you understand the problem you can plan well to face it and acquire the best results. Results are ultimate.

An idea can change this world to great extent. Thought process is ultimate. Application is the first step to move forward to reach miles and miles in your journey. Action gives results. Shine like a bright star in the sky. The sky is your limit. Aim high gain high. Dream big achieve big. Your effort should be higher than your goal. Then only things will happen in reality. Help people to the extent possible within your means. You only can do anything and everything. You are the trendsetter.

Emotional expression: It provides a means to express feelings and emotions that may be difficult to articulate.

Cognitive flexibility: Creativity enhances the ability to adapt to new situations and think outside the box.

Personal fulfillment: Creativity leads to a sense of accomplishment and personal satisfaction.

Cultural awareness: Engaging in creative practices can increase understanding and appreciation of diverse cultures.

Enhanced focus and concentration: Creative tasks can improve attention span and focus.

Increased motivation: The process of creating can inspire and motivate individuals to pursue their goals.

Grater life satisfaction: Engaging in creative activities contributes to overall happiness and life satisfaction.

These benefits highlight the importance of creativity in various aspects of life.

Create Value

The term **"create value"** generally refers to the process of enhancing the worth of a product, service, or experience. This can involve:

Adding beneficial features: Making something more valuable than it was before by solving problems or meeting needs.

Translating resources into outputs: Turning raw materials into unique and useful goods, thereby increasing their value.

Focusing on business success: Value creation is central to building a profitable enterprise, aiming for improvements beyond just profit.

Reflecting individual priorities: The concept of value can be subjective, varying based on personal or stakeholder perspectives.

These elements collectively define the meaning of creating value in various contexts.

"The best way to create value in the 21 century is to connect creativity with technology".

– Steve Jobs

"The only way to create value for your-self is to create value for others".

– James Altucher

"To create value in anything you have to do it for reasons other than money".

– David Sikhosana

"A business is a value creation and distribution process. Before you can sell value to your customers, you have to first create it".

– Pooja Agnihotri

"Because its purpose is to create a customer, the business has two and only two functions: Marketing and Innovation. Marketing and Innovation produce results. All the rest are costs".

– Peter F. Drucker

Value creation in business involves a multifaceted strategy for attaining enduring success. It goes beyond mere financial aspects, weaving together stakeholder relationships, innovation, efficiency, and distinctiveness. To thrive in the **value creation process**, businesses should embrace a comprehensive approach that emphasizes crucial strategies and practices, ensuring their continued competitiveness and relevance in a swiftly changing environment. Let's explore the fundamental components of business value creation:

In the complex world of modern business, achieving sustainable success goes beyond profit margins and bottom lines. It centers on the art of enhancing stakeholder relations, a concept that extends far beyond financial stakeholders. It encompasses a web of interconnected relationships with customers, employees, suppliers, and the broader community.

Innovation is the driving force behind differentiation and a competitive edge in the market. It involves the creation of unique products, services, or processes that distinguish your business from competitors.

Creating value is vital and essential to thrive on our own and set an example to others makes an impact on us and others as well. It creates our individuality to develop our own personality to the next level in real life. It generates power within and gives

confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals. Human values are essential to motivate and celebrate the success with likeminded keeps us to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. Listening is a skill to work effectively and plan well to execute better with great understanding makes sense and gives meaningful results. Attitude plays vital role in this respect. Wisdom gives ability to prove and perform better and the best. It helps to reflect on our own with rich experience. Looking at the mirror gives inspiration to build your personality at different level with love and kindness. When you are kind enough you look at the bottom and try to help the people who are in need gives some kind of satisfaction gives peace with prosperity. Where there is thoughtfulness there is way to create your own path to follow by others is the first step to gain in real game. Life is invaluable.

Dare to Dream

Having dreams is an essential part of human. Dreams inspire us, challenge us, and give us a sense of purpose and direction in life. They are the things that keeps us motivated, eve in adversity.

"Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true."

— Ralph Waldo Emerson

"The future depends on what we do in the present".

– Mahatma Gandhi

"Dare to dream the impossible. The future belongs to those who believe in the beauty of their dreams."

— Eleanor Roosevelt

"Dreams don't happen on their own. You have to get to work and make them happen."

— Whitney Nicely

"Nothing much happens without a dream. For something really great to happen, it takes a really great dream."

— Robert K. Greenleaf

"If you dream something, it might happen. If you never dream it, it will never happen."

— Bruce Dickinson

"Dreams are not what you see in your sleep, dreams are things which do not let you sleep".

– A.P.J. Abdul Kalam

"The progress of India is the destiny of one-sixth of humanity. And it will also mean a world more confident of its prosperity and more secure about its future".

– Narendra Modi

"The young people of India will build a strong and powerful nation, a nation that is politically mature and economically strong, a nation whose people enjoy both a high quality of life as well as justice".

– Pranab Mukherjee

The phrase "dare to dream" means to have the courage to pursue your goals and aspirations, even if they seem unattainable. It encourages individuals to imagine a better life and take action to make those dreams a reality. The phrase emphasizes the importance of overcoming fear and doubt while pursuing one's deepest desires, regardless of the challenges that may arise. Ultimately, it serves as a motivational reminder that dreaming being is essential, but taking steps to accomplish those dreams is equally important.

Identifying your dreams and aspirations is the first step towards realizing them. To do this, you need to spend some time reflecting on what truly matters to you, what you are passionate about, and what you want to achieve in life. This process can involve journaling, meditating, or simply taking some quiet time to think about what you want your future to look like. It's important to remember that your dreams and aspirations may change over time, and that's okay.

As you grow and experience new things, your priorities and goals may shift. It's important to regularly check in with yourself and reassess what you want out of life. This can help you stay

focused and motivated towards achieving your dreams, while also allowing you to adapt and axis as needed.

Feeling gratefulness is an art! It is an opportunity given by God to all of us to show our gratitude in the form of prayer gives great relief if we pray The Almighty immediately after getting up from our bed to rise up and feel happy to show our strength for acquiring the best results to the best of our ability with available resources in given time makes an impact on us and others as well in real life.

We are here to do our job on regular basis to find the ways and means in our way keeps us alert and aware to meet the needs and requirements on daily basis. Each occasion or an event has its value to create our identity by responding through our action gives results in an innovative and dynamic way makes us to create our own mark in this world. That is the power of will. Where there is will there is way.

Willful exercise gives willful results. Mindful exercise gives willful results. Results are ultimate. An idea can change this world. World is beautiful. It is in our hands to turn it in our favor with our attitude. Attitude is gratitude. Positive attitude allows us to reach positive people to acquire positive thoughts and attain positive results. Sharing is caring. Share your success with others.

Your success is not yours alone. It is a combination of so many unknown sources behind your success. Please realize and recollect find the ways and means to share equally by showing your gratitude makes an impact in every step of your journey gives relief and satisfaction. Satisfaction plays a role. A Satisfied person is better than a successful individual. Success is a journey not the destination. Successful people think differently act effectively. Effectiveness is a key to open the door and allow like-minded people to join together.

Togetherness gives strength. It creates team spirit. A team is a combination of people, ideas, joy and pleasure, belongingness, responsible and accountable, sharing and caring, acceptance, learning and improvement, research and development, horizontal growth, and so on. Let us feel great. Dare to dream! Dream big accomplish big! Your effort should be higher than your dream. Then only things will happen in reality. Set a goal and achieve it. Goal setting is must. Be specific to determine and dedicate to sacrifice and focus more on your desired goals. Then only things will set right in reality. Be realistic! Be practical! Live in your present. Your present is your presence. It is your reality. Trust your gut. Gut feeling is ultimate. It gives confidence and courage. It yields fruitful results. It gives joy and pleasure. Life is like a journey. Be happy and enjoy your journey.

Discipline is the Way of Living

In a broader sense, discipline encompasses mental, emotional, physical, and social aspects of life. It involves managing impulses, staying organized, persevering through challenges and maintaining ethical standards.

"Discipline must be a habit so ingrained that it is stronger than the excitement of battle".

- George S. Patton

"Discipline is rarely enjoyable, but almost always profitable".

– Darrin Patrick

"Discipline is built by consistently performing small acts of courage".

– Robin Sharma

"Discipline is what you use when you don't want to do something, when you have to force yourself".

– Arnold Schwarzenegger

Discipline is the root cause of everything. It cultivates to do it now. It makes us to thrive in our routine as a systematic and dynamic person. Your own personality is your individuality. Your attitude makes your character. Character building is within us. We have to build our own character with our habits. Our habits make the reality by performing. Action gives results. Results will decide whether we think and did it correctly or not. Discipline helps to grow in right direction.

Thought process is ultimate. We have to cultivate it right from childhood. Parents, teachers, friends, society and neighborhood

play the key role in this respect. Environment creates the work culture. If we live with good people good happens. It cultivates positive attitude. It develops the culture to create the positive vibrations. Positive mindset allows us to meet positive people to acquire positive thoughts and attain positive results. Results are ultimate. End result gives satisfaction if we get it in our favor. If we want to get the positive result we should struggle a lot. Our effort should be higher than our goal. Then only things will happen in reality. Genuineness gives respect in society. If our intentions are good people will guide and support us. Togetherness gives strength. It creates team spirit. Teamwork plays vital role. We can achieve anything and everything. Dream big achieve more. Be kind and wholehearted. Love and kindness are the way of life. Life is like a spiritual journey. Enjoy your journey.

Discomfort is a Signal to Act

Discomfort has a way of moving people, even when they are not motivated. Frustration, satiation, and contingency are known to be powerful behavioural change agents. Learning to embrace discomfort doesn't mean seeking it out unnecessarily—it means approaching it with curiosity, courage, and intention when it arises. Engaging with discomfort facilitates the development of healthier emotional regulation strategies, crucial for balanced well-being. Stepping into discomfort doesn't just lead to personal growth – it also enriches your life. Avoidance of discomfort can impede the development of effective emotional regulation strategies.

"The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers".

– M. Scott Peck

"The great enemy of truth is very often not the lie-deliberate, contrived and dishonest-but the myth-persistent, persuasive and unrealistic. Too often we hold fast to the clichés of our four bears. We subject all facts to a prefabricated set of interpretations. We enjoy the comfort of opinion without the discomfort of thought".

– John F. Kennedy

"When you realize that suffering and discomfort are the call to enquiry, you may actually begin to look forward to uncomfortable feelings. You may even experience them

as friends coming to show you what you have not yet investigated thoroughly enough".

– Byron Katie

Potentiality is vital in all respects at all times on all occasions than what you possess and adjust with that within the limits is not correct and try to thrive in every aspect at every stage inspires and empowers you to grow further in real life. Comfort zone is like a permanent stone to stay at one place and will not allow you to prosper and move forward to learn and improve in reality. Whereas risk always gains something to wish and rise you to shine like a star in the sky. It shines bright and shows a path to find the ways and means to make an attempt with learning attitude. It gives scope to earn more knowledge. Knowledge is powerful. Risk is always painful. It needs courage to gain confidence and struggle to cross the barriers at every stage in every step test and prove that you are successful. Finally it gives satisfaction and plays a key role to determine and dedicate to sacrifice and focus more on our desired goals. Where there is will there is way. It creates desire and allows us to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. Reality is the style of living. Practical way of thinking gives practical results. Results are ultimate. It shows the facts and figures to analyse and establish the role of an individual in real life. Life is like a game to play it.

Play your role as an individual and prove yourself as a successful person. Success is a journey not the destination. Successful people think differently act efficiently. Effectiveness is key for everything. Effective people will plan well in advance and lead better to execute and gain more than we expect beyond our imagination. Imagination is an art try to cultivate it. Art of living is art of functioning. It needs ability to think and become strong and stable. Strong willpower gives the best results. Will gives skill. Skill development is need of the hour. It inspires and empowers us in many ways. Faith leads us to move forward irrespective of the obstacles and hurdles that occur during the

process. Believe! Belief gives everything. Trust your gut. You are the key performer. Performance gives results. It expands your wings to grow across the globe and widen the possibilities by creating faith and confidence within is the main criteria.

Double Progression

Double progression is a method of gradually increasing the number of reps done and the amount of weight lifting to challenge you and build strength. It is a method of regulating how to increase the volume and intensity of your training. We progress each set independently. We only increase the weight when we reach the top of the rep range for a given set.

"Victory is always possible for the person who refuses to stop fighting".

– Napoleon Hill

"Heroes are never perfect, but they're brave, they're authentic, they're courageous, determined, discreet they have got grit".

– Wade Davis

"The only thing that stands between you and your dream is the will to try and the belief that it is actually possible".

– Joel Brown

"Without continual growth and progress, such words as improvement, achievement, and success have no meaning".

– Benjamin Franklin

"Your dreams in life aren't going to just "HAPPEN". You have to make them happen, by working hard and staying focused".

- Kushandwizdom

"I count him braver who overcomes his desires, than him who conquers his enemies, for the hardest victory is the victory over self, Aristotle".

– Robert G. Allen

"The fixed determination to have acquired the warrior soul, to either conquer or perish with honour is the secret of victory".

– George S. Patton Jr.

"Warriors focus on what they do have the strengths that they do possess and that they must use creatively. Knowing when to slow down, to renew, to retrench, they outlast their opponents. They play for the long term".

– Robert Greene

It is like a step by step process. Steady carefully one by one. Make an attempt seriously. Seriousness gives sincerity. Sincerity gives the results. Once you satisfied with the results you get it and make some sense. It gives some meaning. Then you proceed further to move forward in your journey. Nothing happens instantly. Everything takes some time. It needs to understand better to plan well and perform effectively. Effectiveness is a key for everything. It needs efficiency to prove and skill development will help to learn and improve in systematic and dynamic manner. Strong willpower leads us to go ahead in reality. Realistic way of approach gives realistic results. Results are ultimate.

Willingness is the first step to fulfil the desire and get satisfaction. Satisfaction plays a key role in real life. A satisfied person is better than a successful individual. Success is a journey not the destination. Successful people think differently act efficiently. Action gives results. Mere planning is not sufficient. Dream big achieve more. Your effort should be higher than your goal. Then only things will happen in reality. All the glitters are not gold. If you want gold you should dig it deeply. You cannot

get it on surface. Never look for shortcut methods. There is no shortcut method for success.

Strong willpower keeps strong personality. It gives strength. Be strong and stable. Stability gives ability. If you are able to do you can help others. Help ever hurt never is the best policy. Honesty and sincerity are the way of living. Love and kindness are the style of approach. Wait for an opportunity. Have patience. Rome was never built in a day. Discipline is the key for everything. Keep on doing. Never stop in the middle till you reach your goal irrespective of obstacles and hurdles that occur in this process. Determine and dedicate to sacrifice and focus more on your desired goals. Keep up! All the best!

Doorways are Like Gateways

Both gate and door carry symbolic meanings in language and culture, representing opportunities or barriers depending on the context. They serve as gateways to new opportunities and reflections.

"When one door closes another door opens, but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us."

—Helen Keller

"An opening is like a doorway, and there is no such thing as a doorway that you can only go through one way. Yes, we are trying to penetrate in, but what is trying to come out to meet us? It."

—B.K.S. Iyengar

"Today I close the door to the past, open the door to the future, take a deep breath, step on through and start a new chapter in my life."

—Quotesgram.com

"The gateways to wisdom and knowledge are always open."

—Louise Hay

"The obstacles in our path are not blocking us – they are redirecting us. Their purpose is not to interfere with our happiness; it is to point us toward new routes to our happiness, new possibilities new doorways."

—Pinterest.com

Doorways are like opportunities and facilitate to live and love in many ways. Each day is new opportunity. Just they are not used for entry and exit. We should stay and think differently to find ways and means how they are used to get the best out of them is essential. Life itself is a God given gift. We cross different phases when time moves and enjoy our life in this journey. We have to balance everything like personal, professional, official, family, social, and spiritual are important.

Application of our brain is vital and it works sharp and fair to get the results if we apply it properly. Then implementation is like another side of a coin. A coin has two sides. Like that we should think positively to understand better in difficult situations. Life is like a home. It gives shelter to protect us from all corners. The world is our home. We live and love the Mother Nature in the form of God. Because it gives everything to live peacefully without asking like air, water, light, food, and other needs will be fulfilled. Similarly we should show our gratitude in the form of prayers by respecting it to take care of the resources by enjoying the fruits in reality. If we respect the nature, it respects us. Give and take is the best way of living. Live and let live is the right way of living.

Doorways are like gateways! When the gate is closed we can't enter freely. We should have a key to enter. The key is your brain and it works sharp like a knife to cut the fruit and enjoy by filling our stomach we should use the things in reality to lead our life happily and peacefully. It is in our hands to shape our thoughts and think in positive way to execute better and the best. Then it helps to understand in depth to plan well and implement them by focusing more on our desired goals and struggle to get the results in reality. That is the power of will. Where there is will there is a way. Willful exercise gives willful results. Mindful exercise gives willful results. Results are ultimate. Success is a journey not the destination.

Consistency gives confidence and courage. Practice makes us perfect. Do it on daily basis. Learning is a lifelong process. Knowledge is powerful. It helps to increase the respect on us in the minds of others. We also help them where required when time comes. Time is the base for everything. It has its own value. It will not wait for anybody. It moves on. It determines everything. It plays crucial role. It even absorbs us in it. Help ever hurt never is the best policy. All the glitters are not gold. If we want gold we should dig it deeply. We can't get it on surface. Rome was not built in a day. Have patience! Wait for an opportunity. Patience is a key for everything. Thought process is ultimate. An idea can change this world to a large extent. Each one thinks in their own direction. Togetherness gives more strength. It needs unity. It creates team spirit. Teamwork is essential. Community growth is our own growth.

A wake up call refers to an event or experience that serves as a sudden realization or warning, prompting a change in behavior, attitude, or perspective. It often symbolizes a pivotal turning point that can reshape one's understanding or life direction. Additionally, it can also refer to a literal phone call at a hotel to wake up an occupant, but it is more commonly used to describe a negative event that causes a person to recognize a serious problem and take action to address it.

Wake up call saves us in so many ways right from getting up from our bed early coupled with angry and ego makes an impact on us and others as well. It keeps us cool and does our normal duties throughout the day peacefully. Timely action gives timely results. Soft nature develops our attitude to behave with others and mingle to keep strong relations and concrete them in long run. When we get up early our mind will be fresh to think and perform the pending jobs to complete in time and go to the next in rest of the day. It cultivates discipline & dedication to meet our needs and requirements to plan well and perform better and the best. When we do our job in time it gives full satisfaction. Satisfaction plays key role in this respect.

A satisfied person is better than a successful individual. Success is a journey not the destination. Winners think differently act efficiently. There is no shortcut method for success. It is the way of life. It is the style of living. It keeps us to thrive in a systematic and dynamic way makes an impact to improve our own personality. Communication is a key in this respect. Effective communication gives effective results.

Dowry is Not Just a Tradition

A dowry is a payment such as land, property, money, livestock or a commercial asset that is paid by the bride's family to the groom or his family at the time of marriage.

"Embrace your real love disgrace your lust say no to dowry"!!

– Poems on Dowry System in English

"Dowry stands for – Donkeys of the first order who can't stand on their own feet rely on their wives riches yet shameless".

– Tragic dowry quotes

Dowry still exists even today in 2025 and continues in future also if our intentions and feelings are not changed in this modern world. The main reason for this cause is the girl child is not prioritized in our families when compared to a male child. Equality is not preferred in all respects in most of the families. Gender criteria is still following and people give preference to a male child and feel or fear about the female child then feel as a burden. One or none is the best way to control the birth rate. When we are financially not sound we have no right to produce more and more kids irrespective of gender we have no right to increase the size of the family. We should realize and follow this principle for happy and peaceful life. Peace and prosperity are part of our life. Less luggage more comfort is the way of living. One has to bear in mind the principle of live and let live. We are human beings.

We should behave as humans and follow accordingly. There is no gender equality. By word of mouth we are telling all are equal. In practice it is not following. Education empowers and

enhances our style of living. Knowledge is more powerful. It gives independent thinking and dignified life. A girl should go for higher education without any barriers. In most of the cases parents will not encourage and stop the education at middle level in case of girl child. That is the drawback. Once you are financially strong you can afford to bear the cost and make your kids as gems in this world. Where there is will there is way. Parents will play a key role in this respect. We have to educate them and guide in right perception. Then only things will set right in reality.

Childhood occupies top priority in anyone's life. If the child is grown up in systematic and dynamic way children will become as useful citizens of this great universe. Gender is no way concerned. All are equal. It is a God given gift. Let us accept it and do our best in given circumstances with available resources is the main criteria. Culture of excellence is to be created, cultivated to develop our own individuality. Then only we become gems of this world. We are living in a society. It consists of people and Mother Nature. Nature gives us everything. Let us live naturally to maintain good health in wealthy manner. Health is better than wealth. If we are healthy we contribute better and the best to improve the economy. Economic conditions will fetch more to express our feelings at different levels.

Struggle is the way to live better and work smart to get the results in desired manner. Effort alone gives results. Your effort is your valuable asset. Effort will never go waste. It has its own value. Human values are utmost important. Never under estimate, degrade or decrease the value of others. We don't know what happens in next minute? Life is uncertain! Be happy and enjoy your journey. It is a gift given by God to lead a happy and peaceful life. Life is precious like time. Both will not come back once gone. Past is past. Live in your present. Your present determines the future. Love and kindness are like two birds fly high in the sky. Expand your wings widely to reach peak

as much as you can and share your success with others gives more satisfaction. A satisfied person is better than a successful individual. Success is a journey not the destination. Successful people think differently act effectively. Planning is the primary objective of management. Implementation is the way of living. When we plan well and execute better we get the best results in real life. That is the power of reality.

Education is Life itself

Education is life means that education should be an active, continuous process deeply connected to real-life experiences. Education is a long process which lasts for the whole life.

"Education should be a lifelong process, the formal period serving as a foundation on which life's structure may rest and rise."

—Robert H. Jackson

"Education can't be a matter of charity. Education has to be a matter of Right."

— Arvind Kejriwal

"Education is the most powerful weapon which you can use to charge the world".

– Nelson Mandela

"Education is the foundation upon which we build our future".

– Christine Gregoire

"Education is everything – education is your power, education is your way in life for whatever you want to do."

—Ciara

"Education should no longer be most imparting of knowledge, but must take a new path, seeking the release of human potentialities."

—Maria Montessori

"Education is not a thing apart from life – not a "system," nor a philosophy; it is direct teaching how to live and how to work."

—Booker T. Washington

Education is not preparation for life. Life itself is an education. Life teaches us many lessons in real life. Every day is a new opportunity. Every moment we learn something or the other. Each event gives some kind of experience. Your life is your experience. You are the best teacher for yourself. School education differs than life education. In school or college we prepare for examination and get the results. In real life we have to face everything spontaneously. Equip yourself to face the challenges that occur on regular basis which gives strength and create courage to determine and dedicate to sacrifice and focus more on them.

Always be alert, awake, arise, evaluate, appreciate and enjoy your journey to feel happy with yourself and your friends. Mere reading books will not fetch real education. It is only theory and helps to plan well and implement it in reality. Implementation is a key exercise. Effective implementation gives effective results. Communication plays vital role in this respect. Organize yourself to establish strong and stable to create your own path to follow by others. Creativity gives power and enhance the capacity of an individual elevates to the next level in reality. Realistic thinking makes close to the fact and allows us to understand better to know the ground realities in and around. Slow and steady wins the race is the style of living. Instant results will not fetch much. Rome was not built in a day. Have patience. Wait for an opportunity. Time plays crucial role. Time is precious. It has its value.

Create your own value. It is not an easy task. Your effort is your valuable asset. Effort will never go waste. It needs effort and ability to prove you as a successful individual. Success is not destination. Success is a journey. Keep on doing. Duty is

Divine. Do your duty. Do your best. Give your best. Hope for the best. You will get the best. You are the performer. You only can do anything and everything. You are the creator. You are the trendsetter. It makes you to become a leader. A leader is a reader. All the readers are not leaders. Being a leader one has to read others mindset to fulfill their needs in time makes to live in their hearts forever. A true leader can create more leaders. Leadership is an art. We have to cultivate the leadership qualities. Then only we can grow as a leader and make our own footprints to set an example to others. Be inspired to inspire others.

Education Revolution

Education is transmission of knowledge, skills & character traits manifests in various forms. Formal education occurs within a structured institutional framework, such as schools following curriculum.

"Education is the most powerful weapon which you can use to change the world."

— Nelson Mandela

"All education in a country has got to be demonstrably in promotion of the progress of the country in which it is given."

— Mahatma Gandhi

"In this land of the Ganga (Varanasi), there was education of culture. But, more importantly, there was a culture of education."

— Narendra Modi

"Education today, in this particular social period, is assuming truly unlimited importance. And the increased emphasis on its practical value can be summed up in one sentence; education is the best weapon for peace"

— Maria Montessori

"There needs to be a revolution in education. We must encourage schools to train our students in the art of living in peace and harmony. It isn't easy to learn to read, write or solve math problems, but children manage to do it. Learning how to breathe, smile, and transform anger can also be difficult, but I have seen many young people succeed. If we teach children

properly, by the time they are around twelve, they will know how to live harmoniously with others." — Quotefancy.com

The education revolution is a movement that questions the standard method of teaching and aims to build a collaborative model where there is no top-down relationship but rather an equalizing horizontal exchange between learners and knowledge providers. The movement is driven by the need for an education system fit for the digital revolution, which can act as a major catalyst for empowerment, sustained economic growth, overcoming inequality and reducing conflict. In schools and institutions across the world questions are being asked about how to make education fit for purpose, from both a supply and a demand perspective. On the supply side the problem is around quality and quantity; there is a global shortage of qualified teachers and those who are in the profession are often obliged to deliver an inflexible curriculum with an over-dependency on exams not fit for purpose. On the demand side students are often under qualified in the core social skills required for later life and ill-prepared to adapt to a more flexible and analytical professional environment. The shift from factual learning to learning how to work on projects and better meet the future business environment is an issue frequently raised, providing both a challenge and an opportunity for change.

Immersive learning is a learning method with students being immersed into a virtual dialogue, the feeling of presence is used as an evidence of getting immersed. The virtual dialogue can be created by two ways, the usage of virtual techniques and the narrative like reading a book. The motivations of using virtual reality for teaching contain learning efficiency, time problems, physical inaccessibility, limits due to a dangerous situation and ethical problems. Immersive learning can be a technical aspect or a cognitive aspect. It can be applied in skill training, medication, art and design. The effectiveness of immersive learning appears in several ways. It simplifies the complex contexts and enhance to the learning effectiveness. Add playful

and research contents compared with a flat 2D learning activity. It helps to encourage conceptual thinking, especially for art and design to reduce the noise from surrounded environment and social conflict. Education is not preparation for life. Life itself is an education. Life teaches us many lessons in real life. Every day is a new opportunity. Every moment we learn something or the other. Each event gives some kind of experience. Your life is your experience. You are the best teacher for yourself. School education differs than life education. In school or college we prepare for examination and get the results. In real life we have to face everything spontaneously. Equip yourself to face the challenges that occur on regular basis which gives strength and create courage to determine and dedicate to sacrifice and focus more on them. Always be alert, awake, arise, evaluate, appreciate and enjoy your journey to feel happy with yourself and your friends. Mere reading books will not fetch real education. It is only theory and helps to plan well and implement it in reality. Implementation is a key exercise. Effective implementation gives effective results. Communication plays vital role in this respect. Organize yourself to establish strong and stable to create your own path to follow by others. Creativity gives power and enhance the capacity of an individual elevates to the next level in reality.

Realistic way of approach makes us close to fact finding will allow us to understand better to know the ground realities in and around. Slow and steady wins the race is the style of living. Instant results will not fetch much. Rome was not built in a day. Have patience. Wait for an opportunity. Time plays crucial role. Time is precious. It has its value. Create your own value. It is not an easy task. Your effort is your valuable asset. Effort will never go waste. It needs effort and ability to prove you as a successful individual. Success is not destination. Success is a journey. Keep on doing. Duty is Divine. Do your duty. Do your best. Give your best. Hope for the best. You will get the best. You are the performer. You only can do anything and everything.

You are the creator. You are the trendsetter. It makes you to become a leader. A leader is a reader. All the readers are not leaders. Being a leader one has to read others mindset to fulfill their needs in time makes to live in their hearts forever. A true leader can create more leaders. Leadership is an art. We have to cultivate the leadership qualities. Then only we can grow as a leader and make our own footprints to set an example to others. Be inspired to inspire others.

Never stop trying anything once you believe that it is worth considered. Thrive in your own way to learn and improve in systematic and dynamic way makes an impact in so many ways. Keep on doing. It develops self-confidence, courage, desire, skills, willpower, determination, dedication and sacrifice to move forward with great zeal of enthusiasm is the first step to create your own path in real life. Consistent effort gives the best results. Your effort is your valuable asset. Effort will never go waste. It has its own value. It displays and exhibits your value. Creating value is value you respectfully. People will recognize and respect your time. Your time is the money. Money has value in this world. If we want to live respectfully in this world we need money. Money comes through public. People need your skills. Skill gives thrill. Thrill gives ability to prove and perform better and the best. Performance is base for everything. You are the key performer. You only can do anything and everything. Human values are utmost essential. They give certain standards. If an individual is skilled with multi-disciplinary in his or her field prefers to give priority and allocate some work to full fill and get the results by compensating with an award. An awardee is named with recognition. Recognition gives name and fame. You need not speak much and your success will speak better than you. Always Work hard and smart to get the best results. It will spread faster than you without your involvement and interference. It has its own power. Knowledge is more powerful. Powerful knowledge gives powerful results. Results are ultimate. The end result is key for everything.

People will see your success. Nobody bothers your struggles. You yourself will shock and surprise for a minute after seeing your own success. It helps to measure an individual in many ways.

Energize your Mind

Recognize and regulate your emotions to energize your mind.

"We are not a race of Sophias. We are humans that cry when we lose a loved one, smile when we achieve an accomplishment, laugh when someone tells us a joke, blush when we are embarrassed, burn when we are infuriated and even jump when we are surprised."

– Gaur Gopal Das

"To become satisfied, we don't have to increase the things we have; we need to increase the focus on the things we do have."

– Gaur Gopal Das

Emotional intelligence is crucial for mental well-being. To energize your mind, start by recognizing and labeling your emotions accurately. This process, known as emotional agility, allows you to better understand and manage your feelings.

Dealing with emotions involves three steps:

- **Feel:** Identify and acknowledge your emotions
- **Deal:** Develop strategies to manage your emotions effectively
- **Heal:** Address any underlying issues causing emotional distress

Remember that everyone processes emotions differently, so be patient with yourself as you learn to regulate your mind. Practice mindfulness and self-reflection to become more aware of your emotional states and their triggers.

Overcome the fear of missing out by focusing on what you have –

Energize your mind is a great concept! Thought process is ultimate! An idea can change this world to great extent. It inspires and empowers us to learn and thrive to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. It creates power within to give more strength to become strong and stable in every step of our journey. Finding the ways and means are part of the process. Desire creates to feel and fall in love with likeminded to meet the needs and requirements in this world. It makes us to work in this direction. When we work we should get the results as per the effort we put in and it may not be possible all the times to get what we expect in real life. At the same time we should continue the efforts whether we get the favorable results are not. It is our duty and responsibility. Never feel or felt and have confidence, courage, determination, dedication, strong willpower and sacrifice lead you to move forward in this journey. Belief alone keeps you strong and stable.

Skill improvement is need of the hour. Be trust worthy. It needs effort. Your effort should be higher than your goal. Then only things will happen in reality. If you want gold you should dig it deeply. You can't get it on surface. Consistent effort gives consistent results. Keep on doing. There is no shortcut method for success. Success is a journey not the destination. Successful people think differently act efficiently. Efficiency is a key for everything. Art of learning is art of constructing the future step by step. It takes time to reach peak. Have patience! Wait for an opportunity. Nothing happens instantly. Instant results will not fetch much. Your effort is your valuable asset. Effort will never go waste. It has its value. Cultivate positive mindset. It helps to reach positive people to acquire positive thoughts and attain the positive results. Results are ultimate. Be as task oriented. Be as result oriented. It gives recognition. It shoulders to feel more responsible and accountable. It creates leadership qualities.

A leader is a reader. All the readers are not leaders. We need not read books alone. We should read in multiple ways. Each and every occasion creates an opportunity to learn and improve on our own. Your life is your experience. You are the best teacher for yourself. Life teaches us many lessons. Life is like a journey. Enjoy yourself. Love yourself and your work. If you love your work it loves you in the form of success. Smile is the index of your face. Smile invites people without a word. Silence is gold. It gives health. Health is better than wealth. Healthy people will contribute higher than others. Young minds will always join together. Togetherness gives strength. It creates team spirit. Teamwork is vital. Let us be happy and peaceful. Be simple and humble. Honesty is the way of living.

Excellence is Never an Accident

Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives – choice, not chance determines your destiny. This quote by John Ruskin asserts that quality is not a random occurrence but rather an outcome of deliberate and thoughtful work. It encapsulates the notion that excellence in any endeavor is not achieved by chance but rather requires intentional and intelligent effort.

"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit".

- Aristotle

"Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort".

– Paul J. Meyer – A.P. Karia

"Desire is the key to motivation, but its determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek".

– Mario Andretti

"Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives – choice, not chance determines your destiny".

– Aristotle

Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals.

Happiness is the meaning and the purpose of life, the whole aim and end of human existence. And happiness depends upon us.

One swallow does not make a summer, neither does one fine day; similarly one day or brief time of happiness does not make a person entirely happy. Happiness is a state of activity.

There is an ideal of Excellence for any particular craft or occupation; similarly there must be an Excellence that we can achieve as human beings. That is, we can live our lives as a whole in such a way that they can be judged not just as Excellence in this respect or in that occupation, but as Excellence, period. Only when we develop our truly human capacities sufficiently to achieve this human Excellence will we have lives blessed with happiness. Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives – choice, not chance determines your destiny.

Happiness does not consist in amusement. In fact, it would be strange if our end were amusement and if we were to labor and suffer hardships all our life long merely to amuse ourselves. The happy life is regarded as a life in conformity with virtue. It is a life which involves effort and is not spent in amusement. Without virtue, man is most unholy and savage, and worst in regard to sex and eating.

Happiness is a quality of the soul, not a function of one's material circumstances. The beauty of the soul shines out when a man bears with composure one heavy mischance after another, not because he does not feel them, but because he is a man of high and heroic temper.

The energy of the mind is the essence of life. Men create gods after their own image, not only with regard to their form, but with regard to their mode of life.

Dignity does not consist in possessing honors, but in the consciousness that we deserve them.

The high-minded man must care more for the truth than for what people think.

Wise men speak when they have something to say, fools speak because they have to say something.

Patience is bitter, but its fruit is sweet.

He who has overcome his fears will truly be free. Through discipline comes freedom.

It is during our darkest moments that we must focus to see the light.

No great mind has ever existed without a touch of madness.

Whosoever is delighted in solitude is either a wild beast or a god.

Culture of excellence is creativity, your own ability, effort, adaptability, willingness to reflect yourself to a different level with different mindset makes an impact as an individual to reach peak in real life. It is your merit, efficiency, wisdom, understanding capacity, acceptability, adjustable mentality, organizing power and effective planning makes you to create your own path to thrive and measure the situation to achieve with the available resources in given circumstances will make you as an excellent personality in day-to-day world. It makes through will power and it is possible with great determination and dedication to sacrifice and focus more on our desired goals. Thought process is ultimate. An idea can change this world to great extent. Positive attitude creates positive thought process.

Positive mindset allows us to reach positive people to acquire positive thoughts and attain the positive results. Co-operation and co-ordination keeps us to reach more people to share our views with others. If our intentions are good people will guide and support us. Consistency gives confidence and courage to move forward with great zeal of enthusiasm in order to fetch the fruitful results in real life.

Performance gives results. Vision helps to view in strategic way to plan well and execute better and the best. It gives us better understanding in difficult situations. Obstacles and hurdles are part of the process. Prepare yourself to face the challenges that occur in day-to-day life. A provision has to be made to meet the contingent occasions. Thrift mentality saves us in needy time. A stitch in times saves nine. Rome was never built in a day. Nothing happens overnight. Instant results will not fetch much. Slow and steady wins the race is the best way of living. Live and let live is the steady approach. Help ever hurt never is the best policy. Keep on doing. Your life is your experience. You are the best teacher for yourself. Self-love and self-motivation makes you to learn and improve your skills. Skill development is need of the hour. It is a continuous process. It needs strength. Be strong and stable. Stability gives ability. Ability gives courage and confidence. When you are strong you can help others. It gives peace of mind. It gives more satisfaction. Satisfaction plays key role. A satisfied person is better than a successful individual. Success is a journey not the destination. Successful people think differently act effectively.

Faithfulness

Faithfulness means being loyal, trustworthy, and true to one's word, commitments, or beliefs. It can also refer to accuracy, steadfastness, or adherence to a standard or original.

Day and night, the Sunrays, the moonlight, the sky is high. Confidence, courage, determination, dedication and sacrifice, philosophical thought process, confidence and trust leads forward, faithfulness gives courage, work alone gives results.

"Faith is taking the first step even when you don't see the whole staircase".

– Martin Luther King Jr.

"Faith is unseen but felt. Faith is strengthened when we feel we have none. Faith is hope when all seems lost."

— Unknown

"Faith is the art of holding on to things your reason has once accepted, in spite of your changing moods."

– C. S. Lewis

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

– Buddha

"I have to be so thankful. I have two kids, my beautiful wife I am just blown away at God's grace and God's faithfulness".

– Jeremy Camp

"Faith is not a light that scatters all our darkness but a lamp that guides our steps in the night."

— Pope Francis

"The life of faith is lived one day at a time, and it has to be lived — not always looked forward to as though the 'real' living were around the next corner. It is today for which we are responsible. God still owns for tomorrow."

— Elisabeth Elliot

The world is wide and it gives us a sign in the form of message on regular basis to bring some kind of change to inspire and motivate then empower us to learn on daily basis in reality. The Mother Nature is more powerful than us and it controls at every stage to realize, analyze, observe, recoup, evaluate and appreciate with our own experience makes an impact on us and others as well. Our life is our own experience. You are the best teacher for yourself. Your faith is the light to guide you through darkness.

It is our faith to raise the sun early in the morning and sun sets in the evening. Day and night are like twins to run the world and make us to live in this world with our efforts to lead the life in a peaceful manner makes some sense and gives fruitful results. We have to live in this universe as human beings through productivity and consume the products made by us is part of the process. Work alone yields the positive results. Work is Worship. Duty is Divine. Do your duty. Rest will automatically take care. You are the performer. You are the trendsetter. Winning mindset gives winning results. Change yourself. Change is must. If we do not change the change will chase us. Nothing is permanent in this world. It changes minute by minute.

Your faith alone can even move rocks, mountains, side walls or anything for that matter strong willpower will shake this world to great extent. It has its own value. Determination, dedication,

sacrifice, vision, strategic planning with innovative and dynamic approach inspires and empowers us within to ignite the power in the form of lightning and thunders will create the heavy rainfall which break the hills and mountains to make the floor and spread the surroundings in fearful way to bring some change among the people to realize and recollect them to bring normal to lead their lives in systematic and dynamic manner keeps them to feel happy.

Self-motivation, self-evaluation, self-appreciation and commitment is a key for creation of innovative mindset proves a great thought process to love and live in this universe. Self-talk leads us towards self-evaluation and appreciation gives respect to lead the people in desired way for attaining the results makes us to become a leader to lead the people for common cause makes an impact on us and others as well. Faith alone will construct the wall brick by brick to make foundation strong at the time of laying the foundation makes it happen to complete the building to stay longer period in reality.

While considering as an academic discipline the study of fundamental nature of knowledge, reality and existence is called philosophy. A systematic study of general and fundamental questions relating to topics like existence, knowledge, mind, values and language in critical way makes us to understand better to analyze and elaborate categorically in this respect. Philosophical thought process gives experience, reasoning, wisdom and knowledge on various aspects while studying to get the commendable knowledge provides more information to recollect and reconsider our views on different topics in different times and occasions.

It works like a guiding factor on attitude and our behavioral aspects. Each one makes their own way of philosophy in real life. Help ever hurt never is the best one which keeps us in safe zone and gives us joy and pleasure. A stitch in time saves nine is another way of approach. Patience is a key for everything.

Complete trust gives us confidence on somebody or something. Most of us will follow the personal and individual belief system based on their experience and realities happen in their lives will occupy the top priority. As human beings we live with hopes and aspirations and try to do our best in given time with available resources by applying our brain will run the show in our journey.

Faith and Prayer

Prayer and faith are closely related concepts. Faith is the foundation of prayer and prayer is the expression of faith. Faith gives prayer its power while prayer is the expression & exercise of faith.

"Faith and Prayer are invisible, but they make impossible things possible. It is God's part to do the wonders; ours is the simplest: To Trust & to Pray."

— Pinterest.com

"There is no better prayer than the one spoken from the honest, open heart."

— John Hembree

"When you feel unable to pray, remember that the Spirit Himself intercedes for you with groans that words cannot express."

— Jesus Lives

"When you enter His presence with praise, He enters your circumstances with power."

— Pinterest.com

"The moment you asked for forgiveness, God forgave you. Now do your part and leave the guilt behind."

— Spiritual Inspiration

Faith and Prayer both are invisible, but they make impossible things possible. Faith is confidence or trust in a person, thing or concept. In the context of religion, faith is belief in God or in the

doctrines or teachings of religion. Faith means complete trust or confidence in someone or something. It is strong belief in the doctrines of a religion, based on spiritual conviction rather than proof.

Faith is essential. It is necessary to move forward in our journey. It alone gives energy to become strong and stable. It makes us to determine and dedicate to sacrifice and focus more on our desired goals. If you have faith in someone or something, you feel confident about their ability or goodness.

A faith is a particular religion, for example Christianity, Buddhism or Islam. It states that faith is needed to determine some philosophical and religious truths and it questions the ability of reason to arrive at all truth. In Hinduism, most of the Vedic prayers begins with the chants of OM. OM is the Sanskrit symbol that amazingly resonates the peacefulness safely or comfortably within one's higher self. Om is considered to have a profound effect on the body and mind of the one who chants and also creates calmness, serenity, healing strength of its own to prevail within and also in the surrounding environment. Prayer is an act of speaking to a God either privately or in a religious ceremony in order to express love, admiration, or thanks in order to ask for something. It is a spiritual communion with God or an object of worship, as in solicitation, thanksgiving or adoration. Prayer can be a devout petition to God or an object of worship. It can also be a formula or sequence of words used in praying such as the Lords' prayer.

The true meaning of prayer is communication with God. Praising him, confessing our sins, thanking Him, and asking for our needs and desires. It is communication with our creator and engaging in loving fellowship with the maker of heaven and earth. Acknowledging and strengthening our relationship with Eternal. It is also seeking out His will for our lives, confessing sins, and asking for help and conversing with God. Both talking to the Lord and listening. It is like a request for help

or expression of thanks to God. Prayer is one of the spiritual disciplines a believer does in his faith journey. It isn't merely a ritual of closing eyes, arms together, with knees hitting the floor. It is a means to communicate with God with devotion and intentionality. Having faith in prayer means surrendering ourselves completely to the divine presence and recognizing that God's will is at work, even when the outcomes may not align with our personal desires or expectations.

Feed the Brain

The brain is a very important organ. It's the control center of your body and allows you to move, think, feel, breath and more.

"Your mind will always believe everything you tell it. Feed it faith. Feed it truth. Feed it with love."

—Daily Inspirational Quotes

"Motivation is like food for the brain. You cannot get enough in one sitting. It needs continual and regular top ups."

—Peter Davies

"You must feed your mind even as you feed your body, and to make your mind healthy, you must feed it nourishing, wholesome thoughts."

—Norman Vincent Peale

"If you feed your mind as often as you feed your stomach, then you'll never have to worry about feeding your stomach or a roof over your head or clothes on your back."

—Albert Einstein

"We have to keep asking ourselves; what does it all mean? What is God trying to tell us? How are we called to live in the midst of all this? Without such questions our lives become numb and flat."

—Henry J. M. Nouwen

"The more you feed your mind the healthy thoughts it needs, the stronger you become".

– Vironika Tugaleva

"Your diet is not only what you eat it is what you watch, what you listen to, what you read, and the people you hand around, pay attention to what you feed your soul, not just your stomach".

– Piterest.com

"Invest in yourself. Meditate, read, eat healthy food. Drink water. Move your body. Spend time in nature. Rest up. You are worthy".

– Explorepic.com

You will have to feed your brain consistently without gap whether in the form of thoughts, events, occasions, or planning and execution allows to keep you busy and not bothered about other things like stomach which needs to fill minimum two times in a day keeps us to fill and protect us to save and secured. If it doesn't secure no part of the body will work effectively and efficient way to run the show in reality. Food is essential to survive and sustain. Without agriculture there is no culture in and around. Entire world depends on it. A human needs to struggle and survive by cropping and sustain to balance by following it in dignified manner to save everyone in this universe.

Brain helps to find the ways and means to create new ideas to survive, allows for acquiring the best results the way how we like makes an impact on us and others as well. Productivity is the base for everything. Quality plays vital role in this respect. Time is crucial and it plays vital role to apply for acquiring the desired results makes sense in reality. Timely action gives timely results. Action gives wonderful feedback to follow it or not. It works as an experience to implement in future for using our brain keeps in safe and secured zone.

Safety and security is top priority. Prioritize your work based on the information available through various means like weather conditions, water resources, farm equipment, above all our will occupies first place to generate the power within gives confidence and courage to follow in time yields fruitful results. Fill your brain with full of knowledge at all times on all occasions in every stage to alert and aware what is happening in and around gives some kind of relief makes sense in reality. Learning is a lifelong process. Learn and earn more knowledge to share and care yourself and others as well. Sharing is caring. Knowledge should be shared and cannot be stored like a commodity. It is not grocery to buy in open market.

Focus

Your focus determines your reality. Focus on the solution, not on the problem. To be successful, your personal plan must focus on what you want, not what you have. Focus on your goal, not the how. Focus also refers to ability to concentrate, as in the Teacher felt the students struggled with their focus.

Focus is something that camera lenses and sleepy students are always being asked to do. For cameras, it means finding a point where the subject is clear or "in ***focus***." For students, it means paying attention.

"When you find yourself doubting how far you can go… just remember how far you've come".

– Bonnie Cutler

"Sometimes you need bad things to happen to inspire you to change and grow".

– Pinterest.com

"Sometimes we focus so much on what we do not have that we fail to see, appreciate, and use what we do have."

— Jeff Dixon

"You don't get results by focusing on results. You get results by focusing on the actions that produce results."

— Mike Hawkins

"Focus more on your desire than on your doubt, and the dream will take care of itself."

— Mark Twain

"Never focus your eyes on the obstacle or the difficulty. The obstacle will be a matter of total indifference to the river that will flow steadily through you if you will simply remember to stay focused on the source."

— Oswald Chambers

"It is about building my toolkit and having practices in place so that I can handle the lows better; it is about understanding that experiencing those bad days doesn't mean I am reverting or loosing progress, but simply that I am human. It is all a balance. Healing is not linear."

— Madison Beer

Focus means to give your full attention to what you are doing or to what is happening. It can also mean to move a device on the lens so that you can see a clear picture. It is a central point of attraction, attention or activity. Close attention or concentration. It is an act of concentrating your interest or activity on something. It is the main or central point of something, especially of attention or interest. Focus alone makes us to act and get the results in time. It helps to determine and dedicate to sacrifice and focus more on our desired goals. It keeps on searching for new things, new ways, new thoughts, new approach, new locations to acquire new skills through learning and improvement. It allows innovate and dynamic in our way of approach.

It makes us to feel thrill and will. Will is the base for everything. Without will we can't even dream to get the things done in our routine. Dream creates desire. Desire helps to focus more on our desired goals. Then it allows us to plan well and execute better and the best. Consistency gives confidence and courage. Keep on doing.

Practice makes us perfect. Careful attention is given something such as a task, or the ability to give your full attention to something. It means having your attention directed to what you

want to do, with very clear aims. Aim high and achieve high. High aim gives higher perspective. Your effort should be more than your aim. Then only it happens in reality. Set a SMART goal and fulfill it. Your goal should be specific, measurable, achievable, reliable, and have time bounding. Be specific! Be practical! Be realistic! Be optimistic!

Future

The future is the period of time that will come after the present, or the things that will happen then.

"The power for creating a better future is contained in the present moment: You create a good future by creating a good present".

– Eckhart Tolle

"We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future".

– Robin Sharma

"I don't know what the future holds, but I know that God holds tomorrow, so it is exciting. Even when I have tough things happen, He loves me so big, so much. I come through it and I grow from it, because he has got me".

– Barbara Mandrell

"The future is literally in our hands to mould as we like. But we cannot wait until tomorrow. Tomorrow is now".

– Eleanor Roosevelt

Your present determines the future. Live in your present and do your best in given circumstances with available resources makes sense and yields the fruitful results in reality. It becomes role model to others. Setting an example to others is a kind of living. Discipline helps to great extent in this respect. Will gives skill, ability to prove and perform better and the best. Ability gives strength. Be strong and stable to help others. Keep on doing! Never settle at one place with negative mindset. Expand

your wings to learn and earn more knowledge. It is powerful. Consistent effort gives consistent results. Struggle is the base for everything. Struggle alone gives results. Your struggle is your valuable asset. It creates courage and confidence to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is ultimate. Set a goal and accomplish it. Dream big achieve more. Your dream should be higher than your goal. Then only things will happen in real life. Life is like a game. We have to play the level best. Put our sincere effort to get the results. Rest will take care automatically. Do your best. Give your best. Hope for the best. You will get the best. Believe! Belief gives everything. Positive attitude and positive mindset allows us to reach positive people to acquire positive thoughts to attain the positive results. Be optimistic! Be genuine! Be realistic! As long as our intentions are good we need not worry much. People will guide and support us. Unity gives strength. It creates team spirit. Teamwork plays vital role. It improves productivity. Production shows reality. It speaks better and louder than us. It spreads faster than us cross the boundaries and goes beyond the frontiers in no time. Time plays crucial role. Time is precious. Once we consume it will not come back. Allocation of time is an art. Utilization of resources is a God given gift. Nature looks pretty. Conservation of natural resources is our prime duty and responsibility. If we respect the nature it saves us. Human values are utmost essential. Our stay here is temporary. We can use the resources available for free of cost. We are not the owners of this Mother Nature. We have no right to trade it like a commodity in open market. All of us have equal right to enjoy and survive in this universe.

We have to give space to live our future generations in this world to set an example to others. Similarly they respect us and behave as we did and follow. It is a never ending process. It should continue to flow like river Ganges. The river will never flow reverse. Good people should cultivate to grow like a tree to be useful and helpful to the rest of the world. Live

and let live is the way of living. Honesty and integrity are like two rails travel together to reach the destination safely and securely well in time is the style of approach. Slow and steady wins the race is the best policy. Rome was never built in a day. Nothing happens instantly. Instant results will not fetch much. Have patience. Wait for an opportunity. Every day is a new opportunity. Thought process is ultimate. An idea can change this world to great extent. Keep on doing. It gives respect. Keep up! All the best! Good luck!

Freelancing

Freelancers are typically paid by clients for their services, which can span various industries such as writing, graphic design and programming. This type of work offers flexibility in terms of schedule and location, allowing freelancers to manage their own business and work on multiple projects simultaneously.

"A freelancer is someone who constantly learns and grows to stay ahead in their field".

– Best Freelancers Quotes

"When you are in your nineties and looking back, it is not going to be how much money you make or how many awards you have won. It is really what did you stand for? Did you make a positive difference for people? Elizabeth Dole

"Give as much as you can at every possible opportunity. If you can't afford to give money you give your time. If you can't afford the time, give your heart. Blessings come back to you in unpredictable ways".

– Rita Zahara

"To be financially wealthy you must have a purpose for your life. In other words, without purpose, you will never know when you have enough money, and you can never be financially wealthy".

– Garry W. Keller

"Wealth is a responsibility and the sharing of it a way of life".

– Peter M. Hass

Freelancing looks like your individuality with professional look makes an individual to lead the life respectfully with responsibility. It involves accountability. When we are accountable our respect will be increased in the minds of others. It keeps us authentic with professional look. Time is money and people will expect more from us. It makes us to learn and improve our skills on daily basis. Trust creation is our priority. People will rely on us & dependable in every aspect. It creates power to play the commendable role. When we are powerful people will keep an eye and observe us from all angles. We set an example to others. It creates an image in society as a professional. You are your own boss. You need to face the challenges that occur instantly and prepare yourself to face them with your talent. Facing challenges are part of the process. You cultivate discipline, dedication, determination and sacrifice to focus more on your desired goals. Goal setting is ultimate. Set a goal and accomplish it. Struggle alone gives results. Your effort is your valuable asset. It will never go waste. It has its own value.

Human values are most essential. Human needs and requirements are weapons in your hands. You give priority to solve them. Solutions are like guidelines to support and inspire everyone to enjoy the results. Results are ultimate. End result is the key factor. Success is the base to measure and prefer to give priority to reach and consult to solve their problems. You should be strong enough with better understanding to find the solutions. It gives experience. Your life is your experience. Application is crucial. Apply logics to create your own path to follow by others. Creativity is the way of living. Honesty is the kind of approach. Live and let live is the best policy.

Love and kindness are part of the process. Positive attitude allows us to reach positive people to acquire positive thoughts and attain the positive results. Twin-win strategy is the best way of approach. Creating your own brand image is the base for everything. Goodwill comes in long run. It needs ability to prove and perform better and the best in real life. Life is like a game to play it. If you want to play the game you should follow the rules. Everyone has their own boundary to set aside and follow to stick on it. Then it looks beautiful and gives pleasure and peace of mind. Finally it gives satisfaction. A satisfied person is better than a successful individual. Success is a journey not the destination. Winners think differently act efficiently. Effectiveness is the key for everything. Be happy and enjoy your journey.

Gratefulness

Gratitude, thankfulness, or gratefulness is a feeling of appreciation by a recipient of another's kindness. This kindness can be gifts, help, favors, or another form of generosity to another person.

"It is necessary, then, to cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

— Wallace D. Wattles

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance chaos into order confusion into clarity…Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

— Melodie Beattie

"Of all the characteristics needed for both a happy and morally decent life, none surpasses gratitude. Grateful people are happier, and grateful people are more morally decent."

— Dennis Prager

"Be grateful for what you already have while you pursue your goals. If you aren't grateful for what you already have, what makes you think you would be happy with more."

— Roy T. Bennett

"If you haven't all the things you want, be grateful for the things you don't have that you wouldn't want."

— Unknown

Feeling or showing an appreciation for something done or received makes us to feel as grateful and thankful in an appreciative way filled our heart with gratitude. Heart-fullness is the mindfulness. Satisfaction plays vital role in reality. A satisfied person is better than a successful individual. Success is a journey not destination.

We should keep on doing things in routine on daily basis irrespective of obstacles and hurdles that occur in course of action gives ability to prove and perform better and the best in an innovative and dynamic way makes us to create something in real life. Creativity is the way of living. Create your own path to follow by others and set an example to live in their hearts forever.

You are the creator! You are the trendsetter! You are the key performer. Performance alone gives results. Results are ultimate. An idea can change this world to great extent. World is wide. It is a global village. It allows us to move from one place to the other to live and love the people by sharing our experience with them for good cause makes an impact on us and others as well in real life. It creates a success path to feel great and say thankful to everyone for their appreciation shoulders more responsible and accountable in reality. It makes us to learn and earn more knowledge to upgrade and update us on daily basis keeps us alert and awake to arise as successful individuals and create the leadership qualities.

A leader is a reader who can read in and around and react based on need to reflect their lives to shine better and lives in their heart forever. A true leader creates more leaders to grow horizontally and bring some kind of change in reality. Focus more on growth and development. It is ongoing process. Community growth is our own growth. Let us rededicate and

redesign for improvement with our consistent effort in strategic way of approach keeps us to feel great in this world.

Gratefulness is the way of living. It helps to increase the living standards with great appreciation. Appreciate yourself. Evaluate and enhance the current position which helps to learn and earn more knowledge through application. Action gives results. Be active and alert. Live and let live is the way of approach. Help ever hurt never is the style of living. Honesty is the best policy.

Girl Child Education

Girl child education refers to the aspect of education that aims at developing the skill and knowledge of girls and women from all castes, races, and backgrounds. This includes education at schools, colleges, health education, professional, technical, and vocational education etc. Today, girl child education is in extremely high demand, here are a few reasons why –

"When girls are educated, their countries become stronger and more prosperous".

– Michelle Obama

"By educating a girl child, we make it possible for her to grow up to become an empowered woman".

– Winnie Byanyima

"One child, one teacher, one book, one pen can change the world".

– Malala Yousafzai

"Gives creativity, creativity leads to thinking, thinking provides knowledge, and knowledge makes you great".

– Dr. APJ Abdul Kalam

"The learning and knowledge that we have, is, at the most, but little compared with that of which we are ignorant".

– Plato

"A wise man can learn more from a foolish question than a fool can learn from a wise answer".

– Bruce Lee

"Smiling face of every little girl is the signature of God's presence".

– Amit Ray

"A daughter is one of the most beautiful gifts this world has to give".

– Laurel Atherton

"Let's come forward to commit ourselves to the issues of girl children. Happy National Girl Child Day".

- @mindsquotes.com

Understand and digitize school operations with Teach mint and its features like the attendance management system for efficient school management.

- Educating the girl child will help empower them to come forward and contribute towards the development and prosperity of the country
- Educating the girl child helps in creating a good life. She will have the ability to read and learn about her own rights and as a result, will not be trodden on because of lack of awareness. There will be a general improvement in her life.
- Educated girls can bring an awareness of the importance of hygiene and health. They can lead a healthy lifestyle because they are aware and educated about it. Educated women are even shown to cater to their children's needs better.
- Educated women are looked upon with dignity and honour and have a certain societal value than uneducated women.

They can become a source of inspiration for young girls who make them their role models.

- Educated girls can prove to be quite successful in their respective professions. When the girl child has the opportunity to be educated, it gives her a chance to be a successful doctor, engineer, scientist, or whatever choice of the profession she wants

Girl child education is not that can be taken for granted and this has made many NGOs in India develop an interest in educating the girl child. Society has witnessed changes in the status of women and it is high time there is a greater emphasis on girl child education. It should be the aspiration of most parents to fulfill it without gender bias.

Growing was Painful

Growing pains are common in preschool and school-age children. They're slightly more common in girls than in boys. The cause of growing pains is unknown. But there is no evidence that a child's growth is painful. Although these *pains* are called *growing pains,* there's no evidence that *growth hurts. Growing pains* may be linked to a lowered pain threshold or, in some cases, to psychological issues. There's no specific treatment for *growing pains.* "And the day came when the risk to remain tight in a bud was more *painful* than the risk it took to blossom." "Any show in its first season is going to probably have some *growing pains."* "Do you not see how necessary a world of *pains* and troubles is to school an intelligent and make it a soul?" Take chances. Make mistakes. That's how you grow.

"Growth hurts because change isn't easy, that is why they call it growing pains".

– Tony Gaskins

"Sit with the pain until it passes, and you will be calmer for the next one".

– Naval Ravikant

"Every failure is a gift. Every pain is an opportunity".

– Maxime Legac'e

"The pain will leave once it has finished teaching you".

– Bruce Lee

"If you feel pain, you're alive. If you feel other people's pain, you're human being".

– Leo Tolstoy

"There is a saying in Tibetan, 'Tragedy should be utilized as a source of strength'. No matter what sort of difficulties, how painful experience is, if we lose our hope, that's our real disaster".

– Dalai Lama

Smile, though your heart is aching. Smile, even though it's breaking. When there are clouds in the sky, you'll get by if you smile through your pain and sorrow. Smile and maybe tomorrow, you'll see the sun come shining through for you.

- Charlie Chaplin

"It is only through labour and painful effort, by grim energy and resolute courage that we move on to better things".

– Theodore Roosevelt

Truth is hard to digest and understand to follow in real life. It is difficult to learn and earn through our own effort makes tough in this world. It is like a grave yard to live in truth by facing the challenges that occur in day-today life. Life needs comforts, joy and happiness to attract in easy ways. It creates troubles if we follow the shortcut methods. As a matter of fact, there is no shortcut method for success. Struggle alone gives the best in real life. Life is like a journey. We should enjoy it in its own way. It is a God given gift. Living simple and humble is an art. Art of living is heart of living in reality.

Wholehearted living is the true heart-fullness. It needs simplicity. Openness allows us to be free and frank which gives peace of mind. Peacefulness keeps us with good health and maintains healthy life in good relationship. Love & kindness are like two rails make us to reach our destination safely and

securely well in time. Goodwill lives longer and safer in real life. Safety is our priority. Prioritize and plan well to work effectively. Effectiveness is a key in this universe.

Action gives results. Be as action oriented! Task oriented! Result oriented! You are the best in this world. You only can do anything and everything. You are the key performer. Performance alone gives the best. It needs skills with learning attitude. Attitude plays key role. It determines everything. Thought process is ultimate. An idea can change this world to great extent. Truth is the reality. Truth is a fact. It can't be dismissed. No one can change the fact. We should follow it to lead our life peacefully. We should cultivate it right from childhood. Parents, teachers, friends, society at large will play the key role to make us as good citizens of this great nation.

Guide us to the Right Path

He promises to guide and direct the steps of those who trust in Him. This means that when we seek God's will and submit to His guidance, He will lead us in the right path and help us make wise decisions. God's direction may come through prayer, the Bible, wise counsel, or circumstances.

"Life itself is a privilege, but to live life to the fullest – Well. That is a choice".

– Andy Andrews

"Life is short and the world is wide, the sooner you start exploring it, the better".

– Simon Raven

"You were given this life because you are strong enough to live it".

– Ain Eineziz

"You never know how strong you are until being strong is your only choice".

– Bob Marley

"The best day, of your life if the one on which you decide your life is your own. No apologies or excuses. No one, to rely on or blame. The gift is yours, it's an amazing journey and you alone are responsible for the quality of it".

– Bob Moawad

Selecting the right path is a great concept. Creating right path itself is vital in reality. It drives us towards right direction in

right time with right people at the right place is more essential. It cultivates a disciplined life to lead and forward towards positive thinking and allows developing positive environment to reach more positive people to acquire positive thoughts and attain positive results. To say in one word it is like a God given gift. We are human beings. We need to follow the belief system. Human values are utmost essential. They cultivate the style of living to balance our personal, professional, family, social and spiritual values in real life. Work culture is important to learn and improve our skills in day to day life. Family values are equally important to balance our professional and family life. Social obligations will force us to meet the social needs. Spiritual life gives peace of mind. Peace of mind keeps with good health. Health is better than wealth. Healthy people contribute high productivity. Higher production gives higher value. It meets our needs and requirements in all respects at all times on all occasions. Need based planning helps to plan well and perform better and the best.

Skill development is need of the hour. Skill gives will. Will gives charge. Thrill gives ability and strength. Be strong and stable. If we are strong we can help others. Help ever hurt never is the way of living. Love and kindness are like two arms to bear the load and shoulder the responsibility. Responsibility gives accountability. When we are answerable our respect will increase in the minds of others. Creating an image is a great art. Heart-fullness is artfulness. Art of living is art of loving. It makes us to reach more people to share our views with others. Sharing is caring. Share your knowledge. Knowledge is powerful. It is not a commodity to store and trade it in open market. As you share more you are enlightened and enhanced to the next level in reality and rise to reach peak. Improve your skills on regular basis. Update your knowledge continuously. Consistency gives confidence and courage. It helps to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is must. Set a goal and accomplish it.

Dream big achieve more. Struggle alone yields the fruitful results. Your effort should be higher than your goal. Then only things will happen in real life. All the glitters are not gold. If you want gold you should dig it deeply. You can't get it on surface. Discipline is the root cause of everything. Show your gratitude towards God. Pray the Almighty to give more strength. Awakening is a gift to rise up and get up to do our work in a day. Daily needs are met with great respect. Every day is a new opportunity. Opportunities are plenty. It is in our hands to utilize and accomplish them with our own effort and shine like a bright star in the sky. Sky is the limit. Set an example to others. Be a role model. Create your own way. You are the key performer. Performance gives the results. Results are ultimate. An idea can change this world to great extent.

Healthy Culture

An integrated culture in which individuals can thrive and participate in supported, empathetic relationships, when they are part of groups, teams, or organizations. A healthy culture is one in which good health and well-being, flourish across geographic, demographic, and social sectors.

"Just because you have a little it does not mean that you have a stick with that label. You might be a receptionist but you likely do a lot more than that. Instead of telling people that you are receptionist, say "I work as a receptionist but I also manage the hospitality team for our company and I specialize in customer relations." Be proud of what you do and realize that a job title is just a job title. You are so much more than that."

— Robertson Reader

"We used to have a strategy on a page for each of the functional areas — one for the overall business and one for each of the functional areas. And then a few years ago, we actually combined the sales and marketing world. We said let us have the same goals, targets and measures and that led to really good alignment and then we signed up to similar bonus objectives as well. We also have a lot of people that switch in between sales and marketing now as well. The more you can understand each other's roles, the better you can work out what areas overlap and where we can get really good alignment from."

— Mark Powell

"Branding is the core of the work I do with clients and it is something that I thoroughly understand. If you get the branding right then everything else will flow. Branding is much more than just a logo—it is about getting your message right and in order to do that you must know what questions you need to be asking about your business. Over 20 years of experience working with clients plus experience of business mentioning enable me to lead you through this process and arrive at the best solution."

—123design.co.uk

"Public relations are a powerful tool and should not be underestimated. A well-executed carefully planned strategy can make a substantial difference to your company's success."

—Knick n Knack

Every day happiness is vital than occasional or periodical happiness which gives depending on the culture we create in our workplace or where we live is more essential and keep us in good moods in our journey in reality. It can be achieved through our attitude while dealing with others makes an impact on us and people at large in long run. Monetary benefits will give temporary relief and our behavior keeps us in safe zone at higher place and elevates us to the next level in real life. Long term relation gives more strength to grow and our availability keeps people to trust on us and depend more in our services and gives weightage to the relationship in long run. Longevity gives ability to prove and perform better and the best. It creates goodwill which makes us to live long in our business. Business should run on trust based. Trust and reliability is the base for everything.

Creativity gives clarity to follow and rely on us with full trust. Live and let live is the way of living. Honesty is the best policy. Integrity works like brand ambassador. You are the brand ambassador of your own product or service provided saves you to live long in the minds of customers. It helps to measure

the customer base. Customer is our God. Without customer we are nowhere in this world. People come first and create customers in any business. Business is to serve and save the people. Consequently, we save ourselves and survive in this world. Service is the motto for any activity we take up with good faith allows us to work hard and maintain good relations with customers. Rest will follow automatically.

Heart-Fulness

Heart-fullness is a heart-centered reach to life, where you will be able to live each moment by the heart. It is to live naturally, in tune with the grade of a heart wise & pure thru spiritual practice.

Experience Heart-fullness — what is a meditative state? You have centered yourself towards your heart. You are more perceptive as you are trying to understand things with your heart. When you look at things, your attention is the heart, your eyes are there. You are always trying to weigh things with your heart, you are not analyzing from the mind. Your inner radar opens up. And this habit has to be cultivated. If you want to become sharply discriminative then this is a must."

— Kamlesh D. Patel

What is mindfulness? — Mindfulness is the intentional act of giving your undivided attention to the present moment (vs. the past or future) without judgment. The nonjudgmental attitude is a key, because we tend to judge our own thoughts, and simply being aware of our thoughts can bring a radical change, mindfulness, for kids and teens can be a wonderful strategy to help aid in development and as a copying skill for difficult times."

— Choosingtheraphy.com

Experience Heart-fullness — Spirituality says give. It doesn't even say, Give and take. It only says, Give. Give and go on giving so that by the very fact of giving, you empty yourself, of everything that you have, and then you will find this

miraculous thing that there is a vacuum, and that has to be filed by nature. I don't know many of you have read Lloyd C. Douglas, who preached this very same thing. He said, Go on giving — irrespective of whether you have or not. So, go on giving and don't expect, because when you create a vacuum, it must be filled. This is the law of Nature."

— Parthasarathi Rajagopalachari

"When you know who you are, you are enlightened. In that self-realization, the darkness of ignorance disappears in the light of true knowledge that shines like the sun, revealing the Supreme'.

– The Bhagavat Gita – 5-16

"We can wait for that inner inspiration to come or we can actively cultivate it. The choice is ours. Choosing to actively cultivate the inner inspiration of the heart is Heartfulness".

– Kamalesh D. Patel

"When you become enlightened, you come out of misery; you come out of indolence, you come out of frustration; you come out of the fear of failure. And you come to acquire a rustic spiritual common sense".

– Brahmarshi Pitamaha Patriji

"We are vibrational beings affecting a web of energy with our presence, intentions and communication. Thus, the energy, the information we consume can be a healthy or toxic as the food we eat".

– "Pinterest.com

Heart-fullness Education enables teachers and students to live a balanced, purposeful, and a happy life using heart-based practices, so that they are equipped to contribute towards a sustainable school reform and community citizenship. A teacher plays the role of guide and inspirer to set an example

to students and mold them to become as useful citizens of this great universe in long run. They inject the values and create the value based individuals through their teachings while studying at school and college levels will help them to grow as responsible and accountable individuals in this society. As a matter of fact, it is a collective responsibility.

Parents, neighbors, friends also will play a key role in this respect. Learning environment creates the individual to grow in positive way to understand better about our systems, customs and values above all our own attitude keeps high to elevate us to the next level in real life. They develop the emotional and social awareness. Awareness is a key for everything.

Teachers will work as facilitators by creating an environment to understand better by practice on regular basis creates a strong pyramid in long run and fix in their mind to follow as students even after that when they entered in real life it continues as practitioners. It has to start from gross root level to bring some kind of change in our children as our role models. Everything is possible through effort. Our effort is our valuable asset. Effort alone gives results.

Heart-fullness is thoughtfulness. Wholehearted feelings, Will gives us wholehearted love and kindness. It makes us to live together and share each other without any prior approvals. It creates bondage strong and stable helps to live long in good intentions. If our intentions are good we need not worry. People will satisfy in all respects at all times on all occasions. They will express their consent to travel with us to meet the common goals. Help ever hurt never is the way of living. Honesty is the best policy. Simple and humble is our priority.

Love and kindness are our way of approach. Unconditional love lived long. It needs effort and better understanding about the life we lead and its purpose gives more clarity to express others in meaningful way gives some kind of

message in improved manner. Scope is there always for better understanding and improvement. Level of understanding differs from person to person irrespective of their age, gender, position and qualifications in our society. Equality is our birth right. Independence is the way of life. Be strong and stable. Unity gives strength. It creates ability to prove. Performance gives results. You are key performer. You are the trendsetter. You only can do anything & everything.

Hopefulness

Hopefulness is the state of feeling that some desire will be fulfilled or the quality of inspiring hope. It is the feeling of having hope, believing that something you want will happen. Feeling or inspiring optimism about a future event called hopefulness. The feeling of having hope, believing that something you want will happen. A person who aspires to success or who shows promise of succeeding, especially as a political candidate: A group of presidential hopefuls.

Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large. As a verb, its definitions include: "expect with confidence" and "to cherish a desire with anticipation. Among its opposites are dejection, hopelessness, and despair.

Hopefulness refers to a state of mind where one is optimistic and has a positive expectation of future outcomes, often related to specific life events or situations. It is the feeling of belief or desire that something good will happen or a particular outcome will occur.

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us".

– Samuel – Smiles

"The nice thing about HOPE is that you can give to someone else, someone who needs it even more than you do, and you will find you have not given yours away at all".

– Maya Angelou

"Some things in life cannot be fixed. They can only be carried".

– Megan Devine

"Don't get lost in a sea of despair. Be hopeful, be optimistic. Our struggle is not the struggle of a day, a week, a month, or a year it is the struggle of a life time. Never, ever be afraid to make some noise and get in good trouble, necessary trouble."

— John Lewis

"We choose hope over fear. We see the future not as something out of our control, but as something we can shape for the better through concerted and collective effort. We reject fatalism or cynicism when it comes to human affairs; we choose to work for the world as it should be, as our children deserve it to be."

— Barack Obama

"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness."

— Howard Zinn

When we are hopeful, we are full of positive energy and this energy helps us to keep moving forward, to keep trying, to never give up. It is like a road map that leads us towards our dreams. Hopes make us strong, it motivates us to reach our goals, and it gives us the courage to face challenges. Hopefulness is the feeling or state of having confidence in every step of journey keeps us strong and stable and allows us to determine and dedicate to sacrifice and focus more on our desired goals in reality. It is like a step-by-step process. Nothing happens instantly. Everything needs struggle and effort to the best of our ability makes us to learn and earn more and more knowledge to understand better to know the ground realities gives scope to grow and accept the

life in good shape with the resources available in a given time is crucial and part of the process.

Without hope we can't live in this universe. We have full of hopes and aspirations. If one desire is fulfilled another one will occupy its place unknowingly. It is a never ending process. Human needs are to be met as long as we are on this earth. God gives us everything. It is in our hands to handle and utilize them in systematic and dynamic manner to preserve and prove to meet our needs and allow the future generations to enjoy the Mother Nature. Because, we are not the owners or sole proprietors of this mother nature. We are only custodians. God has given us permission to live and let live. Our stay here is temporary. It is too short to leave everything while going from here. Nothing comes with us. It is the bear fact. It is better to realize, recollect, respond react and respect to great extent. Then it makes our life joy and peaceful. Live and love your journey as long as you are here. Let us wish and hope for the best. If our intentions are good we need not worry. We can survive and sustain to meet the needs and requirements to fulfill them in all respects at all times on all occasions. Safety and security is our priority. Look forward! Move on with one step forward to reach miles and miles in your journey to reach your destination well in time is the right way of living. Optimistic way of approach allows thinking in positive direction to grow peacefully. Peace and prosperity are part of the game. Our life itself is like a game. We are all players in this game. Cultivate the habit of win-win strategy.

Win-win strategy gives winning mindset. When we play somebody will win. Create sportiveness. Sportive spirit gives fun and happiness. Togetherness gives more strength. It creates team spirit. Teamwork is essential. Be as part of team and do your best! Give your best! Hope for the best! You will get the best! A satisfied person is better than a successful individual. Success is a journey not the destination. Be happy and enjoy your journey. Our life is like a journey. We are travelers in

this journey. We should move slowly and steadily to win the race. All the glitters are not gold. If we want gold we should dig it deeply. We can't get it on surface. Rome was not built in a day. Struggle alone gives results. Your struggle is your valuable asset. Create your own path to follow by others. Your footprints are your memorable events. They live forever in the minds of others.

Hype Yourself

The English phrase 'I have to hype myself up' means I need to motivate myself. This phrase expresses the idea of encouraging oneself to act with confidence.

Definition of hype me up get someone excited to motive someone to do something.

You are awesome! Say it again to the lovely person in the mirror.

You are great. There are plenty of things you can do. You work hard and show up on time. The list goes on and on.

There are not a lot of people who cheer for us. That's a fact. If you are not wealthy, there will not be a long line of people asking for autographs or singing your praises.

That is why we need to hype ourselves every chance we get. Here are some things you can do every day to help keep yourself emotionally strong.

1. Talk to yourself
2. Say positive things
3. Believe in who you are
4. Repeat your goals
5. Smile and be happy
6. Stay productive
7. Think good thoughts
8. Love and Kindness
9. Self-Learning

Here are some things you can say to yourself every chance you get:

"You deserve success".

"You will find a way".

"Your effort is your valuable asset".

"You are the key performer".

"Performance gives results".

"You are the trendsetter".

"You are the successful individual".

"Society drives people crazy with lust and calls it advertising".

– John Lahr

"People will go for anything they don't understand, if it's got enough hype".

– Miles Davis

You have to find what makes you stable in the storm. Then, no matter what's happening around you, no matter what the hype or publicity, you can still manage to make leaps in your work as an artist".

- Jimmy Smiths

The gap between what publicity actually offers and the future it promises corresponds with the gap between what the spectator-buyer feels himself to be and what he would like to be".

– John Berger

Do you realize the power you have, to build and to destroy; to promote success or failure; to bring life or death to a cause or talent; to give a platform or take it away?

– Archibald Marwizi

Get into the best mindset in order to psych yourself up! Start by **applying a positive attitude, prioritizing positive thoughts, and getting ready to succeed**. Raise the intensity in your body to stay upbeat. Visualize yourself succeeding or winning, and get ready to do your absolute best!

"Your **success** inspires others!" "Bravo on a job well done!" "**You**'ve earned this moment!" "Your dedication shines through!" "This achievement is all yours!" "**You**'re making a difference!" "Your efforts are recognized!" "Keep reaching for the stars!" "**You**'ve overcome every obstacle!"

Always focus on how you can win, not on how to quit. May you find success in every road you step on. May God bless you! Good luck. The secret of success in any relationship lies in turning one alphabet upside-down – 'ME' to be turned into 'WE'! Life is not perfect, but with hard work, you can make it better. I hope you get plenty of occasions to celebrate your successes. Best of luck. Keep your head up with a smile on your face, work hard, and be true to yourself. Success is bound to touch your life. Best of luck to your life and future.

How to Reinvent yourself?

Taking the core of who you are and breathing fresh life into yourself. It makes major changes in your career or personal life to set out on a new path. Everyone has the same amount of time each day.

"It is not the mountain we conquer but ourselves."

—Edmund Hillary

"People who use time wisely spend it on activities that advance their overall purpose in life."

—John C. Maxwell

"Life isn't finding you. Life is about creating you."

—George Bernard Shaw

"Every day, you reinvent yourself. You're always in motion. But you decide everyday: forward or backward".

– James Altucher

"If your habits don't line up with your dream, then you need to either change your habits or change your dream".

– John Maxwell

"Your power to choose your direction of your life allows you to reinvent yourself, to change your future, and to powerfully influence the rest of creation."

—Stephen R. Covey

Create or innovate a new design to develop your own personality to grow and nurture yourself to update and

upgrade yourself on daily basis makes an impact on you and others as well in reality. Dress code creates an image as far as outer part is concerned. Your positive mindset helps to grow internally and allow to think in positive attitude to create a wisdom and reflects you to grow and maintain the human values in all respects at all times on all events.

Cultivating habit we should practice consistently with learning attitude. Then only it makes us to become a wonderful personality in real life. As a result, it creates discipline, dedication, determination, sacrifice, focus, and will is made to get the things done in a planned manner gives scope to execute better and the best on our desired goals. It also gives scope to listen carefully from others and understand better to know the ground realities. Silence is gold. It helps to observe more and makes you to know the better.

Feel comfort get relax breathe slowly to deliver a dialogue in dynamic way makes others to communicate effectively to reach fast and accurate. Reading improves knowledge not only books but also people's behavior, situations, happenings, make an impact to correct yourself where required if needed. Overthinking and overanalyzing leads to stress, strain, ill feelings, and create a negative attitude which throws us in danger zone. Never allow outside involvement in your territory to keep yourself free and fair with peace of mind gives you scope to learn and improve to develop your own personality.

Your attitude is gratitude. Create positive attitude. It helps to reach people and acquire knowledge to attain the desired results to keep you strong and stable. Forgiveness is a great concept. It makes you peace and powerful individual. Always bear in mind values are vital. Value based life gives good results. Results are ultimate. An idea can change this world. Success is a journey not the destination. Successful people think differently. Your success is not yours alone. It is a combination

of so many unknown sources behind your success. Analyze, accept, respect, and share your success with others. Sharing is caring. It gives joy and pleasure. It creates leadership qualities. A leader is a reader. All the readers are not leaders. A real leader will stand in the middle of people when required. The leader will live in the hearts of people.

Human Touch Still Matters

Technology has revolutionized our lives in unimaginable ways. The pace of change may have been slow initially, but the foundations laid earlier have ensured that it has grown exponentially since the turn of the century. However, a few recent incidents made me realize that these machines can only be as good as the way they are programmed, utilized, and improved upon. One weekend, we ordered dinner through a major food delivery app. Our order was accepted by the kitchen, and soon enough, the delivery partner was also assigned.

Despite all the progress in this space, human empathy is an important element that no algorithm or app can emulate. The term human touch refers to a friendly and pleasant way of treating others that makes them feel relaxed. It is often used to describe the personal connection or warmth that someone brings to a situation, highlighting their ability to empathize and show compassion.

"The human touch is that little snippet of physical affection that brings a bit of comfort, support and kindness. It doesn't take much from the one who gives it, but can make a huge difference in the one who receives it".

– Mya Robarts

"You must first consider that a human life is an ongoing process that involves a constantly changing physical body as well as an enormous number of rapidly changing thoughts, feelings and behaviors. Your life therefore is an evolving experience, a continual flow, you are not a thing; that's why any label is constricting, highly inaccurate, and global".

– David D. Burns

"The whole world is like the human body with its various members. Pain in one member is felt in the whole body".

– Mahatma Gandhi

Human touch allows us to feel and express our views with others makes sense with an impact and improve the relations to great extent. As a result, it inspires and empowers us in many ways. It motivates to generate the power within. It brightens our thought process and cultivating discipline to learn and improve the skills in every step of our journey. Network is net worth. Love and kindness makes us to reach more people to help others in need. Need based action gives the best in real world. It makes us to feel more responsible and accountable. Consistent way of approach yields the consistent results. Results are ultimate. Success is a journey not the destination. Successful people think differently act efficiently. Activeness is part of the process. When we are active people will join us.

Togetherness gives more strength. It creates team spirit. Teamwork is vital. Let us rededicate and redesign to unite and show our strength to keep move forward and reach our destination in time safely makes sense. Thought process is ultimate. An idea can change this world to great extent. Positive attitude makes us to reach positive people to acquire positive thoughts and attain the positive results. Greeting people is great art. It allows us to continue the relations with near and dear. It makes us to understand the people in real life. We are not machines to lead the life mechanically. Mechanization helps to make things fast with accuracy. They simply follow the program designed by us. Human beings only can feel better to share and care. Both are equally important. No one is superior or inferior. Human values are essential. Humanity is the way of living. Honesty and integrity are the style of approach. Twin-win strategy is the best policy. Live and let live is the kind of living. Help ever hurt never is the proverb one should follow. Slow and steady wins the race is our attitude. Let us realize, recollect, rectify, evaluate and appreciate the journey we are in. Then everything looks beautiful. It is a God given gift.

Human Rights

Human rights are the basic rights and freedoms that belong to every person in the world, simply for being human. They recognize and protect the dignity of all human beings and govern how individuals live in society and interact with each other and the state. Human rights include civil, political, economic, social, and cultural rights and are often protected by both national and international laws.

Human rights are fundamental rights that every person possesses simply by being human. They are not granted by any government or authority but are inherent to all individuals, regardless of nationality, sex, ethnicity, or any others status. The universal declaration of human rights adopted by the United Nations in 1948, serves as a foundational document that outlines these rights and sets a standard for their protection globally.

"Injustice anywhere is a threat to justice everywhere".

- Martin Luther King Jr.

"To deny people their human rights is to challenge their very humanity".

– Nelson Mandela

"Give to every human being every right that you claim for yourself".

– Robert Green

"Human rights are not a privilege conferred by government. They are every human being's entitlement by virtue of his humanity".

– Mother Teresa

Ethics and moral values are vital in any one's life particularly we should inculcate at the age of school going children who can easily grasp and cultivate good habits if we train them properly in right direction. Parents will play crucial role in this respect. Then teachers, friends, neighbors, society at large will also play the equal role. Teachers as mentors will guide them at school in class room and while playing with kids in playground by observing in neighborhood and mingling in society it influences to great extent. It grows like a plant and grows as a banyan tree by that time when they grow and settle at one place in real life. The mother plays an important role at home and the father guides them by observing in day to day life.

Environment plays vital role in this respect. We should create an atmosphere to read and study the situation in and around with proper guidance and support makes an impact in long run. Discipline is the root cause of everything. Moral values make them to protect at every stage throughout the life. It is a lifelong commitment and works like a guide to remember and implement to follow as a good citizen. Children will observe more from others by seeing and involving. We should take care of them to move with the best ones and guide them to create good friends right from the beginning. Then only we can justify as parents. School is next to home. Majority of their time spend in school once they leave the home.

It is like a temple to live peacefully and learn on daily basis based on the teachings in classroom and friends will share among each other with good intentions will change their attitude to turn as gigantic personalities in due course. Our own behavior creates with good conduct and character makes as a good citizen of this great universe. It is the universal fact to

believe and implement it in practice. Practice makes perfection. Perfection gives confidence and courage. Courage helps to determine and dedicate to sacrifice and focus more on our desired goals. Set a SMART goal and accomplish it. Dream high achieve big. Think big and do more. Your struggle should be more than your dream. Then only things will happen in reality.

Human Values

The theory of basic human values is cross-cultural psychology and universal values that was developed by Shalom H. Schwartz. He postulated the human values from an integrated conceptual system.

"To my mind the life of a lamb is no less precious than that of a human being. I should be unwilling to take the life of a lamb for the sake of the human body. I hold that, the more helpless a creature, the more entitled it is to the protection by man from the cruelty of man."

— Mahatma Gandhi

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."

— Mahatma Gandhi

"Human values are born with man. They are not got from outside. Man in his ignorance is not aware of these values, when man sheds his ignorance, he will experience his divine nature."

— Sathya Sai Baba

"Let us not accept violence as the way of peace. Let us instead begin by respecting true freedom; the resulting peace will be able to satisfy the world's expectations, for it will be a peace built on justice, a peace founded on the incomparable dignity of the free human being."

— Pope John Paul

"Human values should be learned, not taught. Respect should be earned, not demanded".

– Nima Wangdi

The six types of human values are autonomy, community, creativity, justice, power and self-direction. These values are the things that motivate us to do what we do and make decisions based on these values. Autonomy is the ability to be self-directed and take charge of our own actions. In developmental psychology and moral, political and bioethical philosophy, autonomy is the capacity to make an informed, un-coerced decision. Autonomous organizations or institutions are independent or self-governing. Autonomy can also be defined from a human resources perspective, where it denotes a level of discretion granted to an employee in his or her work. In such cases, autonomy is known to generally increase job satisfaction. Self-actualized individuals are thought to operate autonomously of external expectations. In a medical context, respect for a patient's personal autonomy is considered one of many fundamental ethical principles in medicine. Autonomy is a key concept that has a broad impact on different fields of philosophy. In metaphysical philosophy, the concept of autonomy is referenced in discussions about free will, fatalism, determinism, and agency. In moral philosophy, autonomy refers to subjecting oneself to objective moral law.

Institutional autonomy is having the capacity as a legislator to be able to implant and pursue official goals. Autonomous institutions are responsible for finding sufficient resources or modifying their plans programs, courses, responsibilities, and services accordingly. But in doing so, they must contend with any obstacles that can occur, such as social pressure, against cut-backs or socioeconomic difficulties. From a legislator's point of view to increase institutional autonomy, conditions of self-management and institutional self-governance must be put in place. An increase in leadership and a redistribution

of decision-making responsibilities would be beneficial to the research of resources.

Values are fundamental beliefs and ideals that guide individuals or groups in determining what is important or unimportant to them. They shape how people view and interact with the world, influencing their behavior, motivations, perceptions, and personality. Human values are core beliefs and principles that determine what is right, desirable, and important in life. They are universal and deeply noted in culture, religion, philosophy and human experience.

Intuition

Intuition is the power of attaining to direct knowledge or cognition without evident rational thought and inference. Intuition is unexplained feelings you have no evidence or proof of it.

"When you have a keen sense of feely feels that feel feely and you feel like you know things that you don't know, but you do know because you are feeling them."

— Pinterest.com

"There is a price to be paid for every increase in consciousness. We cannot be more sensitive to pleasure without being more sensitive to pain."

— Alan W. Watts

"Our subconscious minds have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives."

— Robert Collier

Hearing is an art! Listen carefully! Study constantly! We shall allow our intuition to guide us. Your insights and intuitions as a native speaker are positively sought. Intuition is the ability to acquire knowledge, without resources to conscious reasoning or needing an explanation. Different fields use the word intuition in very different ways, including but not limited to direct access to unconscious knowledge, unconscious cognition, gut feelings, inner sensing, inner insight to unconscious pattern-recognition, and the ability to understand something instinctively, without any need for conscious reasoning. Intuitive knowledge tends

to be approximate. According to Sigmund Freud, knowledge could only be attained through the intellectual manipulation of carefully made observations. He rejected any other means of acquiring knowledge such as intuition. His findings could have been an analytic turn of his mind towards the subject.

In Carl Jung's theory of the ego, described in 1916 in Psychological Types, intuition is an "irrational function", opposed most directly by sensation, and opposed less strongly by the "rational functions" of thinking and feeling. Jung defined intuition as "perception via the unconscious": using sense-perception only as a starting point, to bring forth ideas, images, possibilities, or ways out of a blocked situation, by a process that is mostly unconscious.

Jung said that a person in whom intuition is dominant—an "intuitive type"—acts not on the basis of rational judgment but on sheer intensity of perception. An extroverted intuitive type, "the natural champion of all minorities with a future", orients to new and promising but unproven possibilities, often leaving to chase after a new possibility before old ventures have borne fruit, oblivious to his or her own welfare in the constant pursuit of change. An introverted intuitive type orients by images from the unconscious, ever exploring the psychic world of the archetypes, seeking to perceive the meaning of events, but often having no interest in playing a role in those events and not seeing any connection between the contents of the psychic world and him - or her-self. Jung thought that extroverted intuitive types were likely entrepreneurs, speculators, cultural revolutionaries, often undone by a desire to escape every situation before it becomes settled and constraining—even repeatedly leaving lovers for the sake of new romantic possibilities. His introverted intuitive types were likely mystics, prophets, or cranks, struggling with a tension between protecting their visions from influence by others and making their ideas comprehensible and reasonably persuasive to others—a necessity for those visions to bear real fruit. Jung's

discerning between intuitive types and sensing types were later used in the MBTI (Myers-Briggs Type Indicator), used as polar opposites on the mind. Inner engineering creates inner mindset to inspire and empower by hearing others in good sense.

If Humanity Sleeps Unity is Silent

Central Message: Humanity would benefit from understanding itself better. This is a deep, reflective poem that is also universally relatable. It is likely to strike readers in different ways and inspire them to connect more deeply with others.

Keeping Quiet - Pablo Neruda

Now we will count to twelve and we will all keep still for once on the face of the earth, let's not speak in any language; let's stop for a second, and not move our arms so much.

It would be an exotic moment without rush, without engines; we would all be together in a sudden strangeness.

Fishermen in the cold sea would not harm whales and the man gathering salt would not look at his hurt hands.

"Mostly humanity lives with its consciousness asleep blowing like a leaf in the winds of unawareness".

– Amit Ray

"The nature of the human mind is such that unless it is stimulated by images of things acting upon it from without, all remembrance of them passes easily away".

– Remembrance Quotes

"Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty".

– Albert Einstein

The world is covered with full of love and kindness. Irrespective of the place where we live we need peace and prosperity. Peace alone gives happiness. Happiness leads us with good health. An environment is created with good culture by virtue of goodness. Be good and do good is the way of living. We should live with love and kindness. Then only we can create the positive attitude. Attitude plays vital role to generate the power within and inspires then empowers us to move forward with great zeal of enthusiasm in order to get the best results in reality. It is possible through vision and will. Togetherness gives strength. It creates team spirit. Teamwork plays vital role. Role playing is an art. We have to do our job in a systematic and dynamic manner makes an impact on us and others as well. Basically we are human beings. Selfishness is part of our life. It should not do harm to others. Human values are utmost essential. We should keep up the standards to the best of our ability. It creates value and gives respect in the minds of others. Help ever hurt never is the best policy. Prepare yourself to face the challenges that occur in due course. You are the key performer. Performance gives results. Results are ultimate. Be happy and enjoy your journey.

Life is like a journey. Accept it with love and affection. If you love yourself it loves you in the form of success. Success is a journey not the destination. Successful people think differently act efficiently. Effectiveness is the way of life. Keep on doing. Practice makes us perfect. It creates courage and confidence to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is ultimate. Set a goal and accomplish it. It elevates us to the next level in real life. Life is like a game. Play it! If you want to play the game you have to follow the rules.

Discipline is the best among all. It builds your own personality. It gives character and conduct to define an individual. Individuality is your personality. Personal growth defines your overall picture to evaluate and appreciate. Be smart and

alert to aware, awake and arise as early as possible. Early bird incentive gives satisfaction. A satisfied person is better than a successful individual. Brand image is part and parcel of life. Goodwill gives in long run. It needs patience. It needs effort. Effort gives ability. Ability gives strength. Be strong and stable. If you are strong you can help others.

Inspirational Thoughts

Inspiring thoughts are stimulating to the mind and encourage us to believe in ourselves and reach for new heights. When something is inspiring, it makes us feel interested & enthusiastic deeply. The actions we take from an inspired place or more likely to succeed and be enjoyable. Inspirational thoughts can also make us feel hopeful or encouraged. Self-inspiration is all about transforming yourself from being bored to being passionate or from being discouraged to feeling excited without the aid of external factors.

"Doing the best at this moment puts you in the best place for the next moment".

– Oprah Winfrey

"Keep your face always toward the Sunshine-and shadows will fall behind you."

—Walt Whitman

"Motivation is what gets you started. Habit is what keeps you going."

—Jim Rohn

"Never stop believing in hope, because miracles happen every day."

—Pinterest.com

"If you must look back, do so forgivingly. If you must look forward, do so prayerfully. However…The wisest thing you can do so to be present in the present."

—Maya Angelon

"The more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for."

—Zig Ziglar

"Any dream or goal that has been planted in your mind also comes with the power to make it happen".

– Steven Aitchison

"Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change".

– Uplifting and Inspirational Quotes for Strong Women

Happiness is one among other things which we feel and heal within us and need not search here and there. It is in our hands to feel happy or not. Our attitude makes us to feel happy if we are simple and humble in reality. Love and kindness gives us more happiness. Wishing others with good intention gives us happy. At the same time, not comparing with others will give us more happiness. Live in your way gives individuality. It increases respect in the minds of others. Never expect anything from others keep us in safe zone. If we speak good words it inspires and empowers others. Be good and do good is the right way of living. Honesty is the best policy. Love yourself and your work. If you love your work it loves you in the form of success.

Success is a journey not the destination. Successful people think differently act effectively. Effectiveness is a key for everything. It makes us to become strong. It also helps to plan well and execute better and the best. Strategic way of approach gives strategic results. Innovative thinking allows in dynamic way to move forward with great zeal of enthusiasm to reach our destination well in time is the style of living. Live and let live is the part of our policy. Life is like a journey. Be happy and enjoy your journey. Thought process is ultimate. An idea can change

this world to great extent. Everything starts from you only. You are the creator.

You are the trendsetter. You are the key performer. Performance alone gives results. Results are ultimate. Do your duty. Duty is Divine. Do your best. Give your best. You will get the best. Believe! Belief gives everything. Enjoy festive and holiday season. New Year resolutions give us new life. Try to plan and implement them. Execution is a key to fetch the fruitful results in real life. Life is like a game play it. Win-win strategy is the best way of approach. Be flexible! Be blissful! Be happy!

Kindness and Affection

Say! Good morning, to a person standing next to you in the elevator. Take a minute to direct someone who is lost, even though you're rushing. Write a letter to child who could use some extra attention.

"Kindness is the language which the deaf can hear and the blind can see."

— Mark Twain

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

— Lao-Tzu

"Love and kindness are never wasted. They always make a difference."

— Helen James

That is the power of love and kindness! Anyone can feel through expression and experience to large extent through reality. Our own attitude makes to feel and provide a room to understand better and the best about an event or occasion makes to remember forever. Even a small support and guidance makes an impact altogether. It has its own power and value. Keep in mind to be good and do your best in given circumstances and the time available with the resources provided makes a lot and create positive direction to move forward with one step to reach our goals well in time is the best way of approach. It ignites the power within to spread all over the world. You need not even express nor show your actions will speak better than you in the form of results. Results will shout loudly to spread in the form of news without any boundaries all over the world. They

can fly without wings. Effective communication has power to reach and make you as celebrity depending on the strength you have created and the result you have exhibited will occupy the first place. We need not do great things to become great. Every small thing become great and gives more strength by creating an impact to us and others as well. Consistency helps to make an individual.

Learning Orientation

Having an active exploratory mind and seeking to learn from others. It is a belief that all experiences have something to teach us, leading to improved future performance.

"Just because you don't agree with something doesn't mean it isn't worth thinking about. Being unwilling to ever challenge your beliefs or consider other views inhibits personal growth & distorts our view of the world. Our view is often just one of many."

— Zero Dean

"Give yourself an even greater challenge than the one you are trying to master and you will develop the powers necessary to overcome the original difficulty."

— William Bennett

"Believe in yourself take on your challenges dig deep within yourself to conquer fears. Never let anyone bring you down. You got to keep going."

— Chantal Sutherland

"I learn from feedback." — "I keep trying and never give up." — "I am inspired by others people's success." — "My mistakes help me to learn."

— Darren Smith

Growth mindset is a concept that believes an individual's capacity and talent improves over a period of time. To encourage a growth mindset, pose challenges as opportunities, give constructive criticism and encourage acceptance of criticism

allows facing the obstacles and hurdles that occur in course of action gives scope to overcome and find the ways and means to attain the solutions in reality. High achievers can acquire skills and knowledge through positive attitude allows them to learn and improve where required makes impact in long run to find the ways and means in day-to-day life. It also gives flexibility to think and understand better to know the ground realities to plan well and perform better and the best. Effectiveness is a key for everything. Awareness gives knowledge. Knowledge is powerful. It is the source to collect the information where required thru genuine way helps to grow as an individual and prove as successful in real life. Reality is the way of living.

Efforts to put in growth mindset helps to cultivate the habit in the minds of kids help them to grow as useful citizens of this great universe. As a result, they can think better to follow the right people in right time at right place to right cause for attaining the right results is worth mentioned here on this occasion. Win-win strategy gives clarity. Clarity gives clear cut idea. An idea can change this world to great extent. Action plays vital role. Decision making is crucial. It helps to determine and dedicate to sacrifice and focus more on our desired goals. Each person thinks in their own way.

No one is right or wrong. It depends on their way of understanding. We are limited by our perspective. It is nothing but our viewpoint and outlook. Creation gives scope to grow. Think always differently and act accordingly. It makes us effective and efficient in our way of approach. Way of approach lights brightness to find the facts and figures and keep us in right direction to move with right people in right time for attaining the right results in real life. Your life is your experience. You are the best judge for yourself. Feedback works like a guide to rectify our mistakes if any and allows us to grow in reality. Listening is an art! Listen carefully. Act effectively. Achieve really. Always encourage positive attitude. Having goal is a

must. It serves the purpose and help to grow further in your journey. Risk is part of the process.

Calculate and proceed carefully. Slow and steady wins the race is the best way. Nothing happens instantly. Instant results will not fetch much. Rome was not built in a day. All the glitters are not gold. If you want gold you should dig it deeply. You can't get it on surface. You are the key performer. Performance alone gives results. Have patience. Wait for an opportunity. Every day is a new opportunity.

Life is Precious

The phrase "life is precious" means that life is valuable and should be cherished. Each person is unique and adds value to the world in their own way. Life is precious because it allows us to pursue our dreams, become more resilient, and learn from our failures. Gratitude is the path to hope, and life is a beautiful, superb and excellent gift that should be appreciated.

The meaning behind life is something **that** people **have debated for** thousands of **years.** Ever since we've had the capacity for deep, philosophical thought, we've been searching for our purpose. However, to this day, no one's been able to provide a definitive, universal answer. Because of that, it's common to settle upon the answer that makes the most sense to the person asking. To someone who doesn't believe in a higher power, the answer might be nothing. Their response might be that there's no real reason behind our presence on this Earth.

That answer also tends to undermine the preciousness of life. Anyone who sees a mother smiling at her new born baby can't deny that there's something essential and incomprehensible in her eyes. Anyone who's experienced true, unfettered love for another knows that life isn't meaningless.

If a higher power is ruled out, then chance prevails. Perhaps that is all it's up to, in the end. Maybe, on luck alone, you were the genetic combinate that developed, edging out so many other possibilities.

If this is the truth, it makes you even more special. Even more than before, you should treasure the gift of life that you were given! With those chances, you won the lottery of life where trillions of others lost. This gift of life is the most significant gift you will ever receive. Make the most of it!

"Life is a precious thing, you never know when you're going to lose it. Live life while you can, because you never know which second is going to be your last".

- Unknown

"Life is made up of special moments which make it worth living. There are many cherished moments that are missed due to the stress and fast pace of daily living. We must slow down and remember how precious it is to be alive and to love".

– Wisdom Quotes and Stories.com

"The best things in life are the people you love, the places you have been, and the memories you've made along the way".

– Wisdom Love Quotes.com

Life is precious. It is God given gift. We live with lot of hopes, desires, aspirations to move forward with great zeal in order to meet the needs and requirements are part of the process. We need to feel and involve creating an identity and innovate in dynamic way makes an impact in reality. A strong willpower gives us the ability to prove and perform by improving our skills shows the way in real life. Life is like a game play it. When you play the game you will have to follow the rules. Rules and regulations cultivate discipline and dedication to grow with learning attitude. Attitude is a key for everything. Positive attitude allows us to reach positive people to acquire positive thoughts and attain positive results. Results are ultimate. It gives success. Success gives recognition. It makes to feel more responsible and accountable. It generates power within. Power of speech gives power of imagination. Imagination helps to visualize. Vision gives clarity. Clarity gives ability. Ability gives strength. When we are strong we can help others. Help ever hurt never is the way of living. Honesty and integrity are the kind of living. Love and kindness gives peace of mind. Peacefulness is thoughtfulness. Thought process is ultimate. An idea can change this world to great extent. World is with lot

of opportunities. Opportunities are plenty. Every day is a new opportunity.

Life is Not a Race

Life is not a race, but a journey of self-discovery and growth. In this article, we will explore the importance of embracing your own pace, the benefits it brings, and practical ways to do so. Life is neither a race nor a competition. Rather, life's a journey. And, believe it or not, everyone's journey is unique and no one is running a race or competing against his fellow humans.

"Life is not a race, but a journey to be savoured each step of the way. Yesterday is history. Tomorrow is a mystery and today is a gift. That's why we call the present".

– Briyan Dyson

"My life is parallel to a horse race. They have blinders on to keep them from being distracted in the race and keep them focussed on winning the race. That's kind of like my life. Focus on the goal, not the things coming at me from the side".

– Reggie Bush

"The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to leanon, rely on, or blame. The gift is yours – It is an amazing journey – and you alone are responsible for the quality of it. This is the day your life really begins".

– Bob Moawad

"It's a new day, a new beginning for your new life. With discipline you will be amazed at how much progress you'll be

able to make. What have you got to lose except the guilt and fear of the past?"

– Jim Rohn

"If you want to be really successful, and I know you do, then you will have to give up blaming and complaining and take total responsibility for your life – that means all your results both your success and your failures. That is the prerequisite for creating a life of success".

– Jack Canfield

A little progress on daily basis makes an impact on us slowly, steadily gradually inspires and empowers us in many ways. A small victory is a big victory. Celebrate it and enjoy the moments with loved ones gives joy and pleasure. It fills with happiness. Happiness is the way of living. Happy moments are like festivals filled with support and guidance by many likeminded in real life. It spreads with positive vibrations in and around. People feel great zeal of enthusiasm to move forward to reach miles and miles in their journey. When we are with successful people, the thought process will tune to thrive and achieve the goals set by us in time. Creating an idea shows the path to struggle and lead the people like a leader in reality. It develops the leadership qualities. A leader is a reader and reads widely to understand better and plan well to execute effectively. Effectiveness is a key for everything. Discipline is the root cause of everything. It cultivates to do the things on daily basis. Practice makes us perfect. Perfection gives confidence and creates the courage to go ahead. It determines and dedicates to sacrifice then focus more on our desired goals. We do better than we think at all times on all occasions at every stage in real life. That is the power of will.

Willpower leads us to move forward with great zeal of our own effort and struggle keeps with alert. It awakens us to the different level in different times with different attitude. Attitude plays vital role. It develops positive attitude to reach positive

people to acquire positive thoughts and attain the positive results. Keep on doing. Consistent effort gives consistent results. Skill development is the way of living. Learning is part of the process. Knowledge is powerful. It generates the power within. Inner feelings develop the quality of thinking. Thought process is ultimate. An idea can change this world to great extent. All the glitters are not gold. If we want gold we should dig it deeply. We cannot get it on surface. There is no short cut method for success. Successful people think differently act efficiently. You are the key performer. You only can do anything and everything. Creating brand image is an art. Make your own identity to get the recognition. It shoulders to feel more responsible and accountable. Honesty is the way of living. Kindness is the style of approach. Help ever hurt never is the best policy.

Life is the Best Teacher

According to popular sayings, experience is the best teacher. Life itself is often considered the best teacher, and it is important to be appreciative of the valuable lessons that it throws at us. Some qualities of a good teacher including skills in communication, listening, collaboration, adaptability, empathy and patience. Other characteristics of effective teaching include an engaging classroom presence, value in real world learning, exchange of best practices and a lifelong love of learning. Through its ups and downs, victories and failures, life is an **ever-present classroom that offers invaluable lessons and wisdom**. In those moments of struggle and adversity, we truly learn, grow, and evolve into our best selves.

Teachers influence the lives of students much more significantly than we imagine. A teacher with the right skills inspires and influences entire student lives. They are instruments who can ignite powerful thoughts in students, helping them unleash their true potential.

Discipline is an important skill that you should possess a teacher so as to be labelled as effective. A vital component of effective classroom management, your discipline ensures that positive behaviour is encouraged inside classrooms.

The most important discipline skills you can have includes being respectful, responding to students, and reciprocating their interest. A teacher should be skilled in setting an effective routine with the right amount of flexibility.

"The best teacher in life is experience".

– Lebron James

"Good teachers know how to bring out the best in students".

– Charles Kuralt

"Children learn best when they like their teacher, and they think their teacher likes them".

– Gordon Neufeld

"There is no best teacher. Life itself is the teacher. There is no best method. All that matters is that it works".

– Frederick Lenz

"Education is the key to success in life, and teachers make a lasting impact in the lives of their students".

– Solomon Ortiz

"Everyone who remembers his own education remembers teachers, not methods and techniques. The teacher is the heart of the educational system".

– Sidney Hook

"A teacher's job description is not just about teaching students. It is about challenging them. Inspiring them and guiding them to become the best version of themselves".

– Teacher Team Quotes

"A key to growing as an educator is to keep company mainly with teachers who uplift you, whose presence inspires you, and where dedication drives you".

– Robert John Meehan

Life is the best teacher. It teaches us many lessons. Each instant is great experience. Our experience is our teacher. Each experience is a lesson to learn and improve on our own in reality. It reflects to thrive and ensure to keep up to the standards required in all respects at all times on all occasions is a fact in real life. That is

the power of reality. We prepare to realize, recollect, respect, accept and analyse how to mould on our own personality by creating a path to run it smoothly and peacefully. That is the power of will. Where there is will there is way.

It creates desire to design and plan well in advance to execute better and the best. It also guides and supports to live and love together in this journey. Togetherness gives more strength. It creates team spirit. Teamwork plays vital role.

Role of reality is the role of awareness. It awakens us to throw a light and keep us away from darkness. Knowledge is powerful. It helps to improve our skills. Skill development is need of the hour. Training helps to grow well and update our knowledge in given circumstances with available resources is a key in reality. Mentorship is a tough task. Mentor and mentee play the key roles in reality. Both should coordinate and co-operate each other. At the same time they should have an intention to help each other with better understanding. Then only things will happen in reality.

Self-help is the best way of approach. Motivate and innovate on your own. It is possible by observing, involving, learning, improving at every stage makes it possible. Consistency gives courage and confidence to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is must. Set a goal and accomplish it. Dream big achieve more. Your effort should be higher than your goal. Then only things will happen in reality. Be realistic! Be happy! Be genuine! Be strong and stable. If you are strong you can help others. Help ever hurt never is the way of living. Honesty is the best policy. Slow and steady wins the race is the style if living. Rome was never built in a day. Instant results will not fetch much. Struggle alone yields the fruitful results. Keep on doing.

Thought process is ultimate. An idea can change this world to a great extent. You are the creator. You are the performer. Performance alone gives the results. Results are ultimate. The

end result gives full satisfaction if we succeed in this process. Success is a journey not the destination. Successful people think differently act efficiently. Active people get active results. Wilful exercise gives wilful results. Mindful exercise gives the excellent results. If our intentions are good people will help and support us. Strategic way of approach gives strategic results. Discipline is the root cause of everything. Conduct and character works like a mirror. It reflects your individuality. It effects on your personality. It creates an image in this universe. It is the universal fact.

Living My Best Life

The phrase "living my best life" refers to embracing one's true self and making the most out of life. It emphasizes enjoying life to the fullest and designing a life that aligns with one's personal values and aspirations. The expression gained popularity through media particularly by Oprah Winfrey in 2005, and is often used in social contexts to convey positivity and fulfillment.

In short, 'living your best life' or 'living my best life' is a way to describe a person's attempt to enjoy their life to the fullest. People will often use this phrase to accompany aspirational images or videos– everything from sky diving and lounging on a tropical beach to drinking a smoothie or doing yoga. 'Living your best life' and 'living my best life' are phrases that commonly show up on social media. This is essentially a way for a person to say that they are living life to the fullest and achieving the full potential of enjoyment out of their life. It's common to see this type of expression accompanied by a photo of the person doing something adventurous, courageous, relaxing, or otherwise aspirational.

"The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience".

– Eleanor Roosevelt

"Enjoy the little things for one day you may look back and they were realized big things".

– Robert Brault

"Life is a gift. Never forget to enjoy and bask in every moment you are in".

- Unknown

Live your life the way how you like, plan, design and define to reach the destination safely and securely is the way of living. It needs desire, will, creativity, commitment, potentiality, confirmation and concentration makes a path to move forward with great zeal of enthusiasm to live and lead in systematic and dynamic manner keeps us sensible. A sensible and meaningful life gives us the best results. It gives pleasure and satisfaction. Satisfaction plays a key role. A satisfied person is better than a successful individual. Success needs struggle, ability, skill development, learning attitude and have a passion to thrive and improve on regular basis creates discipline. It helps to set an example to others. Trend setting is like goal setting. One should prove and perform to create an identity in real life. Life is like a journey to enjoy it. Prepare yourself to accept the challenges that occur in course of action. Action gives results.

If our intentions are good people will guide us and God's support will be available. Rest assured to get the things done in time. Time plays crucial role. Timely action gives timely results. Planning and execution stands first place in this respect. Be respectful. Give respect and take respect is the way of living. Love and kindness are part of the process. Keep on doing. Never stop in the middle till you reach your goal irrespective of the obstacles and hurdles that occur during this process. You are the creator. You are the performer. You are the successful individual. You share your success with others. Successful people think differently act effectively. Success is a journey not the destination. Enjoy your journey. Elevate yourself to reach peak. It is a step by step process. Nothing happens instantly. Instant results will not fetch much. Network is net worth. Togetherness gives strength.

Mental Health

Mental health refers to a state of well-being in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community. It encompasses emotional, psychological, and social well-being affecting how we think, feel and act. Just do what you can today. Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that the better for us all. You are not alone. You are seen.

Locate a health center near you for an appointment.

Find a behavioral health treatment facility that offers help with mental health issues or substance abuse.

Participate in a mental health treatment clinical trial with the

National Institute of Mental Health (NIMH).

Find mental health services for veterans and their family members.

You can connect to a mental health helpline whenever you are experiencing intense distress and feel that having a conversation with someone who is non-judgmental, objective and empathetic will help.

"Instead of saying, 'I'm damaged, I'm broken, say I'm healing, I'm rediscovering myself, I'm starting over."

— Healthy Place.com

"If you're unhappy about how somebody is treating you, look within and work out how you're treating yourself in the same way."

—selfconfidence101.com

"Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy."

—Deserve Better Quotes. Quotes Gram

"Never give up on someone with a mental illness. When 'I' is replaced by 'we', illness becomes Wellness."

—Shannon L. Alder

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve, others from the overflow. You cannot serve from an empty vessel."

—Eleanor Brown

"Mental wellness is so important. Take care of your mind and the way you speak to yourself. Don't let negative thoughts weaken you".

–Inspirational Mental Health Quotes

"Make your mental health a priority".

– Positive Mental Health Quotes

Learn about the key facts, concepts, determinants and interventions for mental health from the World Health Organization. Affordable, effective and feasible strategies exist to promote, protect and restore mental health. The need for action on mental health is indisputable and urgent. Mental health has intrinsic and instrumental value and is integral to our well-being. Mental health is determined by a complex interplay of individual, social and structural stresses and vulnerabilities.

Concepts in mental health:

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes. Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case.

Determinants of mental health:

Throughout our lives, multiple individual, social and structural determinants may combine to protect or undermine our mental health and shift our position on the mental health continuum. Individual psychological and biological factors such as emotional skills, substance use and genetics can make people more vulnerable to mental health problems. Exposure to unfavorable social, economic, geopolitical and environmental circumstances—including poverty, violence, inequality and environmental deprivation—also increases people's risk of experiencing mental health conditions. Risks can manifest themselves at all stages of life, but those that occur during developmentally sensitive periods, especially early childhood, are particularly detrimental. For example, harsh parenting and physical punishment is known to undermine child health and

bullying is a leading risk factor for mental health conditions. Protective factors similarly occur throughout our lives and serve to strengthen resilience. They include our individual social and emotional skills and attributes as well as positive social interactions, quality education, decent work, safe neighborhoods and community cohesion, among others.

Mental health risks and protective factors can be found in society at different scales. Local threats heighten risk for individuals, families and communities. Global threats heighten risk for whole populations and include economic downturns, disease outbreaks, humanitarian emergencies and forced displacement and the growing climate crisis. Each single risk and protective factor has only limited predictive strength. Most people do not develop a mental health condition despite exposure to a risk factor and many people with no known risk factor still develop a mental health condition. Nonetheless, the interacting determinants of mental health serve to enhance or undermine mental health.

Mental health promotion and prevention:

Promotion and prevention interventions work by identifying the individual, social and structural determinants of mental health, and then intervening to reduce risks, build resilience and establish supportive environments for mental health. Interventions can be designed for individuals, specific groups or whole populations. Reshaping the determinants of mental health often requires action beyond the health sector and so promotion and prevention programs should involve the education, labor, justice, transport, environmental housing, and welfare sectors. The health sector can contribute significantly by embedding promotion and prevention efforts within health services; and by advocating, initiating and, where appropriate, facilitating multi-sector collaboration and coordination. Suicide prevention is a global priority and included in the Sustainable Development Goals. Much progress can be achieved by

limiting access to means, responsible media reporting, social and emotional learning for adolescents and early intervention. Banning highly hazardous pesticides is a particularly inexpensive and cost–effective intervention for reducing suicide rates.

Promoting child and adolescent mental health is another priority and can be achieved by policies and laws that promote and protect mental health, supporting caregivers to provide nurturing care, implementing school-based programs and improving the quality of community and online environments. School-based social and emotional learning programs are among the most effective promotion strategies for countries at all income levels. Promoting and protecting mental health at work is a growing area of interest and can be supported through legislation and regulation, organizational strategies, manager training and interventions for workers.

Mental health care and treatment:

In the context of national efforts to strengthen mental health, it is vital to not only protect and promote the mental well-being of all, but also to address the needs of people with mental health conditions. This should be done through community-based mental health care, which is more accessible and acceptable than institutional care, helps prevent human rights violations and delivers better recovery outcomes for people with mental health conditions. Community-based mental health care should be provided through a network of interrelated services that comprise: Mental health services that are integrated in general health care, typically in general hospitals and through task-sharing with non-specialist care providers in primary health care; community mental health services that may involve community mental health centers and teams, psychosocial rehabilitation, peer support services and supported living services; and services that deliver mental health care in social services and non-health settings, such as child protection, school

health services, and prisons. The vast care gap for common mental health conditions such as depression and anxiety means countries must also find innovative ways to diversify and scale up care for these conditions, for example through non-specialist psychological counseling or digital self-help.

Mesmerize

Mesmerize means to be so interested or attracted to something that you cannot think of anything else. It is also a former word for hypnotize. Fascinated by someone you can't stop listening to them.

"Through his mastery of storytelling techniques, he has managed to separate his character, in the public mind, from his actions as president. He has, in short, mesmerized us with that steady gaze."

— James Nathan Miller

"I always thought success was from inside, so it was how diversified you were as a person and how cultivated or how much you cultivated yourself."

— Jason Scott Lee

"Never give up. People will always discount you, and you'll always get rejected. But set your sights high. Be boldly ambitious. Be relentless and never give up."

— Reshma Saujani

"However difficult life may seem, there is always something you can do and succeed at."

— Stephen Hawking

"Once we recognize the fact that every individual is a treasury of hidden and unsuspected qualities, our lives become richer, our judgment better, and our world is more right. It is

not love that is blind it is only the unnoticing eye that cannot see the real qualities of people".

– Charles H. Percy

"There's the belief that witty people are cruel, but they are perhaps less dangerous the adulators who insist upon finding qualities in us which we have no desire to possess".

– Robert McAlmon

New start is a new beginning with an experience gained from your past makes an impact to move forward with great zeal of enthusiasm will help us to fulfill our needs and requirements with our sincere effort elevates us to the next level in reality. Hope alone keeps us to boost with self -reflection and makes us to realize and recollect our mistakes done past will not allow us to repeat again and again in New Year gives scope to improve further and helps to prove as a successful individual through our effort. Attitude plays vital role in this respect. Positive attitude allows us to reach positive people to acquire positive thoughts and attain positive results.

Wisdom is a god given gift. Human values are utmost important. Love and kindness opens doors to invite people to share our views and meet the requirements for good cause makes the world peaceful. Unity gives strength. Teamwork is essential. It creates team spirit among the people. It makes us to train and gain the knowledge. Knowledge is powerful. Know your strength to plan and execute it effectively. Communication is a key for success. Effectiveness gives efficiency. Play an active role to get the results in your favor. Effort alone yields the fruitful results. Your effort is your valuable asset. Effort will never go waste. It has its value. It gives recognition. It creates leadership qualities. It also makes you to become a gigantic personality. Personal growth is a must. If you grow well you can uplift others. An empty bowl will not pour to others. Share your success with others. Sharing is caring. Success is a journey not the destination. Successful people think differently act

effectively. They set an example to others. Create your own path to follow by others. Make your own footprints to stay forever even you leave this world physically.

It helps to live in the hearts of people as a leader and create more leaders to develop for the sake of people. Live and love yourself. Do your duty. Do your best. Give your best. Hope for the best. You will get the best. Believe! Belief gives everything. Let the New Year 2025 is the most memorable year in your life. Keep up! All the best!

Mindfulness

Mindfulness is a mental state characterized by active, open attention to the present moment, where one observes thoughts and feelings without judgment. It involves focusing on the present deliberately, which can help reduce stress and improve mental health. Mindfulness practice retains the mind to settle into the present, promoting clearer comprehension and wiser choices. Overall, it encourages acceptance and management of feelings, contributing positively to well-being.

Mindfulness is a powerful practice for personal transformation through the intentional focusing of one's attention on the present moment. In its essence, it is all about being fully present and not lost in thoughts about the past or anxieties about the future. This practice lets you observe your thoughts, feelings, and surroundings without judgment; it creates clarity and calmness. Mindfulness is a potent practice based on three key principles: awareness, non-judgment, and acceptance. This will help to improve your mental clarity, reduce the level of stress, and deal with life more promisingly. Practice these, and you'll be there. Mindfulness has the power to transform your life at many levels: mental, emotional, and even social. However, popularly, it is more than just a buzzword today. Here are the reasons why you should start doing mindfulness today:

Improve your mental health: Feeling anxious or stressed? Well, mindfulness can come to your rescue. It has been found that it decreases stress by 38% and up to 58% in symptoms of depression. By being present in the moment, mindfulness rewires the brain to keep calm in chaos, promoting relaxation and resilience.

Sharpen Your Focus: Ever feel scattered or distracted? Mindfulness extends your attention span and positively affects cognitive performance. Training your brain to tune out distractions, you'll stay laser-focused on tasks-and complete them more efficiently.

"My life is limitless because…. My love is limitless. My faith is limitless. My hope is limitless. My determination is limitless. My confidence is limitless. Opportunities around me are limitless. Inspiration is limitless. Joy is limitless. Positivity is limitless. My desire is limitless. My compassion is limitless and my purpose is limitless."

— Pinterest.com

"Live your life with purpose. Focus on your blessings, not your misfortunes. Focus on your strengths, not your weaknesses. Be yourself and don't wait for the approval of others. But most importantly, have a positive and humble mindset no matter what situation you are in. Count your blessings not your problems, and you will realize how beautiful your life truly is."

— Blogspot.com

"Every struggle in your life has shaped you into the person you are today. You may not realize it at the time, but each struggle is making you stronger one day, you will be thankful for those struggles, because they have helped you to become a person of greatness."

— Pinerest.com

Mindfulness is the practice of being aware of your body, mind, and feelings in the present moment. It is a state of being deliberately aware of your body, mind, and feelings in the present moment in order to create a feeling of calm. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding

environment, through a gentle, nurturing lens. Mindfulness is the cognitive skill, usually developed through meditation of sustaining meta-attentive awareness towards the contents of one's own mind in the present moment. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindful exercise gives willful results. Thought process is ultimate. Application of brain is our ability to think in positive direction and allow us to move in right direction at right time with right people for right cause is the top priority. It also gives us patience to wait for right time to do the right things for acquiring right thoughts and attain the right results is always kept in mind. Our mind is our machine. It runs like a jet plane to think and move forward to get the results fast and quick in no time. We have to control our brain and think twice or thrice whether is it the right time to take action or is it the place to decide and proceed further before taking an action makes an impact on us and others as well. Time determination is a key for decision making. It influences on many factors. We should wait and take the right decision in right time depending on situation prevailed in given circumstances makes sense and gives fruitful results if we apply our brain and implement it in an innovative and dynamic way makes it happen in reality. That is the power of will. Where there is will there is way. Willful exercise gives willful results. Application is the key for everything.

Mindfulness is the way of life. It brings light in our life in the form of knowledge and keeps us away from darkness. Knowledge alone gives power. Power of knowledge is the power of authority and authenticity which gives fidelity and validity to create a value based society to live in this universe. Values are utmost essential. Human values keep us to reach peak in real life. Humanity is our philosophy. It makes us to live in this universe. Unity is our strength. It makes us strong and stable. It gives ability to prove and perform better and the

best. Awareness is the key factor to determine and dedicate to sacrifice and focus more on our desired goals. Focus alone makes us to concentrate and communicate effectively and efficiently to share our knowledge with others with a view that we can accomplish our goals as designed and planned. Where we apply our brain there we get the expected results. Application is the key factor.

Mind-Set is Everything

When people say that "mindset is everything", they mean that your mindset serves as your foundation and will be the guiding force behind your decisions and actions. Your mindset encompasses how you view yourself, your place in the world, and the world around you, and determines your decisions, choices, and actions, including how you relate to others and deal with stressful situations. Your mindset will determine how you view every single thing that happens in your life. With the right positive mindset, you will notice a boost in self-esteem, more happy thoughts, and the ability to stay focused on the things that matter most.

Before we get too far, let's get clear around the definition of mindset. The dictionary definition of mindset is this:

- A way of thinking or
- A mental attitude or inclination.

Simply put, your mindset is the combination of your beliefs, thoughts, emotions, assumptions and attitudes. These aren't just your conscious thoughts and beliefs, but also what's in your subconscious. Your mindset encompasses how you view yourself, your place in the world, the world around you. And that means that it determines your decisions, choices and actions, including how you relate to others and deal with stressful situations. Your mindset influences (even shapes) your outcomes (which is why mindset is everything).

It's important to understand that having a healthy mindset doesn't guarantee success. Unfortunately, you don't control other people or many of your circumstances. But succeeding in life requires a healthy mindset.

"Once your mindset changes, everything on the outside will change along with it".

– Steve Maraboli

"Your mindset is everything. It shapes your world and your reality. Choose wisely".

- Unknown

"If you start with the mindset that you know nothing, you will learn a lot that nobody knew before".

–Bright Drops.com

Thought process is ultimate. An idea can change this world to great extent. Wants are unlimited. If we fulfill one desire others will follow and it is a never ending process. It creates need and tells to our mind to think and acquire it. Our heart says to get it. The mind says to think twice whether it is required or not. Application of brain is crucial in this regard. As a result, we create our own path in meaningful manner. God has given us thinking capacity. We can use our brain better when compared with other living things in this world. We can evaluate and appreciate with thought process. Knowledge is base for everything. It is powerful. It inspires & empowers to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. It makes us to learn and improve our own skills. Skill improvement is the first step to learn with learning attitude. Attitude plays key role in this respect. Our own attitude indicates our behavior to generate the power within to enhance our skills to the next level. Positive attitude creates to meet the positive people to acquire positive thoughts and attain the positive feedback. It helps to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is must. Set a goal to accomplish it. Set an example to others. Creativity is the way of living. Honesty and integrity are part of living. Slow and steady wins the race is the best policy.

Have patience. Wait for an opportunity. Every day is a new opportunity.

Opportunities are plenty. It is in our hands to utilize and organize. Organize and establish with the resources available in given time is an art. Art of living is art of planning and execute in your own way. Action gives results. Contribute your level best. Keep on doing. Consistence effort gives consistent results. Your struggle is your valuable asset. Human values are utmost essential. Human beings are the valuable resources. Maintaining human resources are the toughest task in this world. World is a global village consisting of people. People management is the top priority. Prioritize your work. Work is Worship. Duty is Divine. Do your duty. Do your best. Give your best. Hope for the best. You will get the best. You are the best in this universe. It is the universal fact. Trust yourself. Believe! Belief gives everything.

Mistakes Make You Wise

Mistakes allow us to avoid the same thing that made everything went wrong. They might let us learn the hard way, but they make our heart more resilient to aches and pains and in turn, overcoming them on our road to success.

"If you make a mistake then you should own that mistake".

– Claudia Rankine

"Anyone who has never made a mistake has never tried anything new."

— Albert Einstein.

"To make knowledge valuable, you must have the cheerfulness of wisdom".

– Ralph Waldo Emerson

"Knowledge is proud that it knows so much, wisdom is humble that it knows no more".

– William Cowper

"Honesty is the fastest way to prevent a mistake from turning into a failure."

— James Altucher.

"No matter how many mistakes you make or how slow you progress, you are still away ahead of everyone who isn't trying".

– Tony Robbins

"All men make mistakes, but only wise men learn from their mistakes".

– Winston Churchill

"The wise learn from the mistakes of others; It is the fool who wants to make their own mistakes".

– Tony Gaskins

"Everyone makes mistakes. The wise are not people who never make mistakes, but those who forgive themselves and learn from their mistakes".

– Ajahn Brahm Quote

"You will make some mistakes but, if you learn from those mistakes, those mistakes will become wisdom and wisdom is essential to becoming wealthy".

– Robert T. Kiyosaki

"Knowledge is happiness, because to have knowledge – broad, deep knowledge – is to know true ends from false, and lofty things from low".

– Helen Keller

Mistakes, failures, obstacles, hurdles and interruptions are part of the process in reality. Every mistake is a lesson which helps to rectify and review in this process. It gives an opportunity to learn and improve on our own. It leads to think and revive periodically, evaluate, appreciate, achieve and establish the style of living. Enhancement is a step by step process. It needs lot of effort to create your own path in general. Struggle is the base for everything.

It creates power within to enlighten and adjust on your own based on the situation prevailed in given circumstances. Comprehension is the power to brighten and widen the possibilities with positive attitude. It expands the area of

coverage in genuine manner. It cultivates the discipline, dedication, determination to sacrifice and focus more on our desired goals. Consistency helps to practice and become perfect makes it happen as we expect.

Hopes and aspirations increase expectations at higher level. Our responsibility and accountability also shoulders to feel more and reach the targets fixed. That is possible through willpower. Where there is will there is way. Willful exercise gives willful results. Mindful exercise gives mind full results. It keeps us to lead a meaningful life and gives strength. When you are strong you can help others. Help ever hurt never is the way of living. Love and kindness are part of the process. Live and let live is the style of approach. Self- help is the best way of living. It motivates to learn and improve on our own.

Knowledge is powerful. It gives better understanding. Once we understand we can plan well and execute better and the best. Living simple and humbly is the nature of gift given by God to meet our needs and requirements in this universe. Enjoy every moment with loved ones in this process. Utilize every chance to get the things done in systematic and dynamic way creates courage and confidence to face the challenges that occur in real life. Create your own path to follow by others. It develops leadership qualities. A leader is a reader. All the readers are not leaders. Successful people think differently act effectively. Efficiency is the key for everything. Action gives results.

Motivational Strategy

A motivational strategy is a systematic approach designed to enhance drive and accomplish objectives. It plays a crucial role in achieving both short-term and long-term goals. In the work place a motivation strategy can help booth productivity, prevent burnout, improve coworker connections, and positively impact the work environment. Effective management practices, such as treating individuals as unique, empowering workers, providing a reward system, redesigning jobs, and creating a flexible workplace, contribute to employee motivation. A motivation strategy is a plan that outlines how you will inspire yourself to achieve specific goals. Think of it like a map. Just as a map provides directions to your destination, a motivation strategy outlines the steps needed to get there. Without such a plan, you can easily lose sight of your goals or become sidetracked by distractions.

Several key elements can make up a successful motivation strategy:

1. **Goal Setting:** Clear and specific goals act as benchmarks. They provide direction and allow you to measure progress.

2. **Rewards:** Incorporating rewards into your strategy can enhance motivation. Celebrating small wins, no matter how minor, can keep your spirits high.

3. **Accountability:** Sharing your goals with others can create a sense of responsibility. This can be friends, family, or even colleagues.

"A vision and strategy aren't enough. The long-term key to success is execution. Each day. Every day".

– Richard M. Kovacevich

"Strategy is not the consequence of planning, but the opposite: its starting point".

– Henry Mintzberg

"Mission defines strategy, and strategy defines structure".

– Peter Drucker

"Strategy is always a team decision. Clear strategy creates buy-in. It makes people's roles and purpose extremely clear. It helps people see where we need to be, where we need to go".

– Famous Strategy Quotes

Reading is an art. Writing is a habit. It creates discipline, determination, dedication, sacrifice to focus more on our desired goals. Consistency is a key factor in this respect. It gives confidence and develops courage to grow systematically in dynamic manner makes sense and creates a meaningful life. Meaningful life gives meaningful results. I have cultivated writing notes on Medium & Sub-stack platforms regularly. It has given me an immense pleasure and satisfaction. It cultivated the habit of regularity. As a result, I could share my views with others and learning a lot from others. It creates twin win strategy to improve our skills to the maximum extent. Skill development is need of the hour. It develops to mingle with others and understand better to plan well then execute better and the best. We are a drop in the ocean. We should learn a lot. Learning is a lifelong process. Consistent learning gives consistent results. Results are ultimate. An idea can change this world to great extent. Thought process is worth considered and worth mentioned. Each thought turns into words to form sentences to make a message to bring some kind of change on the part of reader.

A leader is a reader. It has capacity to create more leaders. Knowledge is powerful. It generates power within to create the fire and gives the light to spread widely without frontiers. It has no limits. It even cross the boundaries does not hesitate to hit six and surprise everyone. That is the power of will. Where there is will there is way. Willful exercise gives willful results. Mindful exercise gives mindful results. It shoulders to feel more responsible and accountable. It is the way of living. It is the style of approach. It gives goodwill in long run. Have patience. Wait for an opportunity. Nothing happens instantly. If you want gold you should dig it deeply. You can't get it on surface. Your effort should be higher than your goal. Goal setting is ultimate. Set a goal and accomplish it. Set an example to others. You are the creator. Create your own path to follow by others. Success is a journey not the destination. Winners think differently act efficiently. Effectiveness is a key component. Action gives results. Keep on doing. Honesty is the part of living. Help ever hurt never is the best policy.

Mysterious Personality

It is like a factor in a given situation whose bearing and importance is not apparent. If you observe, something or someone puzzling, mysterious, a person one does not know; a person who is neither a friend nor an acquaintance.

"Every superior personality, and every superior performance, has, for the average of mankind-- Something mysterious."

— Georg Simmel

"The most beautiful thing we can experience is the mysterious. It is the source of all true art, science and life."

— Albert Einstein

Life is very mysterious and there are many things we don't know, and there are elements of magic realism in every culture, everywhere, it's just accepting that we don't know everything and everything is possible."

— Isabel Allende

You can see the word mystery in mysterious. A mystery is a hidden or secret thing, so something that is mysterious takes effort to understand, unless it is beyond our comprehension. Someone or something that is mysterious is strange, not known about, or not understood. Do people find you hard to get? If so, you might have a mysterious personality. You might not feel like you are being especially mysterious when you keep to yourself. People like to talk about themselves and you are perfectly happy keeping it that way.

Being mysterious doesn't mean shutting people out entirely, it is about being selective in what you share while still allowing

meaningful connections to flourish. The mysterious person is someone who is strange, not known, or not understood. They are often described as an impossible to understand completely, meaning that you never know what that person is really thinking, or what his or her motives for doing something are. It doesn't mean every shy person is mysterious. Reserved people are afraid to speak up and open up too much.

Whereas mysterious people's most common qualities include being busy with their own life, not sharing too much about themselves, communicating with a purpose, and being little to very less available. Mysterious people will observe everything and never forget. The next sign to describe you as a mysterious person is, that you observe more and talk less. Yes, you listen and notice every major-minor thing about your environment. You have eyes on almost everything around you and are aware of more facts than the rest of the others.

As a mysterious person, you have the power to use your words wisely only when that's required. You are a master at keeping secrets. Your ability to keep secrets for a long time is highly appreciated. Only the nearest people like your family and best friends know that other side of your enigmatic personality. Mysterious person takes extra care while speaking and say something while discussing personal interests to gossiping about anything, and choose your words wisely.

They take extra care while sharing your thoughts and opinions. The best thing about a mysterious person is… they think first instead of just saying it out. Their selection of words and approach to presenting your thoughts are unique. It makes others listen to you actively. Because every time you say something is all authentic and meaningful, of course. They don't talk too much about themselves. They may be reserved or private for some. You feel confident when it's your turn. You always share something that stuns and shocks everyone around. But they are born genius than most others who don't

know to balance between mind and mouth. Not all mysterious people necessarily have to be smart. But overall they are thinkers and stun everyone when they have to share personal views on something. Because they have kept it secret for a long and others always feel surprised to know their views.

My Little Corner on Medium

Everything going on is through my mind. Live your life with intention. Lead a meaningful life. If our intention is good people will guide and support us. Confidence is a skill we can learn and improve it through learning. I have been meaning to actually contribute to Medium, primarily pieces on my little corner of the music biz. Now I will. I have followed you, others who write similarly like, so we will see where this goes.

"Everything in life is a Metaphor".

– Haruki Murakami Quote

"Life is a Metaphor for what's happening in your consciousness".

– Metaphor Quotes

"Metaphors have a way of holding the most truth in the least space".

– Brainy Quote – Orson Scott Card

"The Metaphor is perhaps one of man's most fruitful potentialities. Its efficacy verges on magic and it seems a tool for creation which God forgot inside one of his creatures when he made him".

– Jose Ortega Y. Gasset

"It is immense importance for the understanding of the word of God to read it in course, so that we may read every day a portion of the Old and a portion of the New Testament, going on where we previously left off".

– George Muller

"My struggle is to preserve that abstract flash – like something you caught out of the corner of your eye, but in the picture you can look at it directly".

– Author Andrew Wyeth

"The right to know is like the right to live. It is fundamental and unconditional in its assumption that knowledge, like life, is a desirable thing".

- George Bernard Shaw

"It seems obvious to me that the notion of God has never been anything but a kind of ideal projection, a reflection upward of the human personality, and that theology never has been and never can be anything but a more and more purified mythology".

– Alfred Loisy

Medium is not just a platform to share the information with others. It is a knowledge hub. It gives us an opportunity to learn and earn more knowledge by sharing our articles. People will acknowledge and give their comments through feedback and appreciate us. It inspires and empowers us in many ways. A small support and guidance makes an impact on us and others as well in reality. It encourages us to learn and improve on our own. It allows us to move forward with one step to reach miles and miles in this journey.

Sharing is caring. Share your joy and pleasure with others. It gives energy. It keeps us active and alert. It makes us to be a gigantic personality. Personal notes, feelings, opinions, views, expressions, thoughts have advantage to write and keep informed will develop your skills in that line of activity. It gives scope further to improve your skills. As a result, courage and confidence is created to determine and dedicate to sacrifice and focus more on our desired goals.

Thought process is ultimate. An idea can change this world to great extent. Positive attitude allows us to reach likeminded people to acquire positive thoughts and attain positive results. Results are ultimate. Action gives results. Planning helps to plan well and execute better and the best. Performance is base for everything. Action plan allows us to be active. Activeness makes us to be alert. It gives awareness. Awareness gives knowledge. Knowledge is powerful. It gives strength. It makes us to be healthy. It supports to increase the productivity. Produce more to develop the Nation. Growth rate will fetch by our contribution. Healthy people are wealthy people. Youth empowerment is need of the hour. If youth are strong the world is strong. When the world is strong the whole universe is strong. People live with joy and happiness. Happiness gives peacefulness.

Nature Heals Everything

The healing of nature is not a single petal or leaf but in the endless cycle of life and renewal it represents. Amidst the trees, we find the antidote to noise, haste, and the clutter of life.

"Nature is my manifestation of God."

– Frank Lloyd Wright

"Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

— John Muir

"When all the trees have been cut down, when all the animals have been hunted, when all the waters are polluted, when all the air is unsafe to breathe, only then will you discover you cannot eat money."

— Cree Prophecy

"Nature is everywhere. Nature is everywhere you go. Everything that lives and grows is nature. Animals big and small, Nature is plants that grow so tall. Nature is beautiful in every way. Wonderful, exciting and needs our care. So listen, learn and do your part to keep nature beautiful forever."

— Super Ranger Amanda

"Nature is happiness, joy and sorrow. Nature is yesterday, today and tomorrow. Nature is everywhere. Nature is love. It's like heaven from above beautiful as a dove. Nature is

everywhere. Nature is a land, sea and sky. Nature is a world, about to say Hi! Nature is everywhere. Nature is rivers, bushes and trees. Nature means a lot to me."

— The Wildlife Trust of South and West Wales

"You have the natural ability to bring God's powerful healing energy to everyone and everything that needs healing."

— Doreen Virtue

Nature is a great healer. It brings peace to our minds and bodies. When we spend time in nature, we feel calm and relaxed. It reduces stress and improves our mood. It encourages us to exercise and stay active. Walking, running, or playing in green spaces helps us stay fit and healthy. Nature is a fantastic teacher. It teaches us about the cycles of life, the importance of diversity, and the need for balance. It inspires creativity and sparks curiosity in young minds. The natural world has been a source of inspiration, adventure, and delight for generations. It is a sanctuary for the human spirit, offering a sense of peace and tranquility that is often lacking in our fast-paced, technology-driven lives.

Nature is more powerful than us. It heals everything. It is God given gift. It is natural and no one can create on its own. It is not a product to make and sell it in open market like a commodity. We are not the owners of this Mother Nature. We are permitted to enjoy while breathing fresh air and drink water then eat the products available on this soil like agriculture output for our survival as long as we are here on this earth. The Sun, The Moon, The Sky, The Earth, Mountains, Oceans, Rivers, stars, trees, forests, and air keeps us for our livelihood.

It is our responsibility to protect them for our future generations to live and continue the process to follow as responsible citizens of this universe. Conservation of natural resources is our prime objective. If we neglect it, it neglects us and we are nowhere in this world.

Our stay here is too short to live and leave this place after sometime. But the Nature is permanent and it takes care of the people who are on this earth. It is never ending process. We should understand with great respect and feel as responsible citizens of this great universe to protect it and protect the people who live here on this earth even after us makes an impact and helps to lead a happy and peaceful life.

Never Stop Learning

Learning is an endless because we never stop learning. If you ever thought that you were finished learning, think again cause learning never stops. You stop going to school at some point, but that isn't the end; instead, that is the beginning of a different type of learning.

We are so used to associating learning with school that we sometimes forget that education is so much more than sitting in a classroom. This doesn't mean that school doesn't matter; instead, it is to say that school prepares us for learning more in the real world. For some reason, we often think that learning starts when we go to school and ends when we leave, but that has never been the case, if anything, going to school teaches us how to get started with learning, rather than being the only place where we learn.

One way to ensure that learning is never-ending is to cultivate a growth mind set. Some people want to look smart, so they focus on what they know rather than learning what they don't know. This tends to mean that they avoid challenges, give up when things get hard, and see effort as a waste of time.

"You never stop learning. If you have a teacher, you never stop being a student".

– Elisabeth Rohm

"Never stop learning, because life never stops teaching".

– Quotesgram.com

"Never stop dreaming, never stop believing, never give up, never stop trying, and never stop learning".

– Roy Bennet

"You must take action. You must do the impossible, because giving up can never ever be an option".

– Encouraging Quotes

"Believe in yourself and believe in your dreams. Follow them, never give up, that's the most important thing. If you believe you can get there, then one day you will".

– Never Give up Quotes

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today".

– Malcolm X

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice".

– Brian Herbert

Beyond keeping things fresh to sustain your professional creativity and passion, learning keeps you relevant in our ever-changing world. And, it's arguably the best job security tool you could have, not to mention that achieving higher levels and honing new skills is a great argument for seeking promotions and raises at work.

"Organizations can't keep transforming if their employees aren't learning and their skills aren't aligned with shifting business demands," explains Toby, stressing the importance of creating an environment in which learning is encouraged and failure is safe as long as employees learn from it.

"All managers should make learning a core goal for their employees. It's directly related to their team's and their

company's success," he says. "Employees should get the time and support to achieve learning–and be recognized for it."

His best advice for professional development, take personal responsibility for your learning.

So, now that you know why you should continue to learn, here are Toby's top tips for doing so on the job.

Obstacle is a Stepping Stone

An obstacle, by definition, is something that obstructs or hinders progress. In other words, it is a roadblock. Something that stands in your way and stops you from achieving your goal, but there is the thing: an obstacle is only a stepping stone if you let it be.

When we face resistance, we are forced to develop new strategies, reconsider our plans, and adapt to changing conditions. The obstacles we encounter push us to evolve, learn, and refine our approach. In this light the very thing that appears to block our path is actually guiding us toward deeper understanding and better solutions.

In modern life, obstacles take many forms – personal struggles, professional setbacks, health issues, financial difficulties, or even global challenges. Regardless of the specific nature of the obstacle, the Stoic mindset allows us to transform adversity into growth. This mindset teaches us that we don't have to avoid challenges to find peace or success. In fact, the more we embrace obstacles with calm determination, the more we cultivate the personal strength to endure and thrive.

"Failure is a stepping-stone to greatness."

– Oprah Winfrey

"The past is a stepping stone, not a millstone."

– Robert Plant

"Mistakes are the stepping stones to success."

– John C. Maxwell

"A good education is a stepping-stone to wealth."

– Helen Keller

"Make stepping stones out of stumbling blocks." "Every rock they throw I use as a stepping stone." "An obstacle is often stepping stone."

– William Prescott

Discomfort, obstacles, hurdles, hindrances, difficulties, struggles, tough times are the best ones to pick success and works like a stepping stones to climb up step by step to reach peak in reality. When you feel pain you look to gain something out of it. If you are hungry you search for food. Where there is need there is way. Each way shows new path to find the ways and means in reality. Every day is a new opportunity. It allows us to open the eyes and see the facts by opening a door to come out and see the bright sun to shine bright like the sun is the way of living. It throws away the darkness through proper learning. Learning is the source for updating ourselves to improve the skills in reality. Skill development is need of the hour. Learning is continuous process. Your life is your experience. You are the best teacher for yourself. Self-awareness reflects us to motivate on our own and inspires us to empower then enhance us to the next level in real life. Life teaches us many lessons. Each lesson gives a thought to think in positive direction to create the positive mind set. It generates power within. It moulds to meet positive people to acquire positive thoughts and attain the positive results.

Results are ultimate. We get satisfaction after seeing the results. They shoulder to feel more responsible and accountable. We behave as responsible citizens of this great universe. We come to know the ground realities to understand better and the best. It keeps us shining like a bright star in the sky. The sky has no limit. Expand your wings to fly high like a bird and try to flow as much as you can. It creates confidence and courage to determine and dedicate to sacrifice and focus more on your desired goals.

Goal setting is ultimate. Set a goal and accomplish it. When you set a goal it will not allow you to sleep till you achieve and gets the recognition. Recognition gives pleasure and satisfaction. A satisfied person is better than a successful individual. Success is a journey not a destination. Successful people think differently act effectively.

Patience: Kindness: Goodness

The fruit of the spirit results when a Christian is "led by the spirit," and the second group of three (patience, kindness and goodness) can be generally understood as attributes focused on human relationships. Goodness is virtue and holiness in action. It results in a life characterized by deeds motivated by righteousness and a desire to be a blessing. It's a moral characteristic of a Spirit-filled person. Goodness is not a quality we can manufacture on our own. "Every good thing given every perfect gift is from above, coming down from the Father of lights". This certainly includes a life characterized by goodness. In letting the Holy Spirit control us, we are blessed with the fruit of goodness.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel".

– Maya Angelou

"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind".

– Fred Rogers

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver".

– Barbara De Angelis

"We can't heal the world today, but we can begin with a voice of compassion, a heart of love, an act of kindness".

– Mary Davis

"I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage, bravery, generosity, or anything else… kindness, that simple word. To be kind – it covers everything, to my mind. If you are kind, that's it".

– Roald Dahl

"Human kindness has never weakened the stamina of softened the fiber of a free people. A nation does not have to be cruel to be tough".

– Franklin D. Roosevelt

"Kindness begins with the understanding that we all struggle".

– Charles Glassman

"If we all do one random act of kindness daily, we might just set the world in the right direction".

– Martin Kornfeld

Patience is a key for everything. If you have patience you can wait and see the things in reality. It allows us to analyse and evaluate then appreciate the richness. It gives respect in the minds of others. It keeps you to be peaceful. Peace of mind gives good health. Health is better than wealth. Kindness is the way of living. If you are kind enough you love and help others. Help ever hurt never is the best policy. Goodness is the index of face value. It creates goodwill in long way. Create your own identity to become the brand ambassador of your own in all respects at all times on all occasions is the key factor in real life. It allows us to share and care those who are in need.

Need based help makes sense and gives meaningful life. It takes care of others in needy time. Time flows like river Ganges. It will not wait for anybody in this world. Our patience, kindness and goodness will stand forever in the hearts of people even after we left the world physically. We cannot measure it with tangible things. It has its own power. They give us name and fame. People will recognize us and live in their hearts forever. That is the power of patience, kindness and goodness. Good people can create more good people to generate goodness for future. It is like an investment to meet our needs and requirements. It never fails or lose our faith. It has its own value. Human values are utmost important. Human needs are met with neat and clean. Cleanliness is close to Godliness. It is like a God given gift.

Peacefulness

Peacefulness is a state of being quiet and calm or state of feeling calm and not being worried. It can also mean the fact of not involving violence, or the fact of trying not interfering in others.

"My inner peace remains in spite of any outward thing. Only insofar as I remain in harmony can I draw others into harmony, and so much more harmony is needed before the world can find peace."

— Peace Pilgrim Quote

"Peace is not something you wish for. It is something you make, something you are, something you do, and something you give away."

— Robert Fulghum

"Peace is the result of retraining your mind to process life as it is, rather than as you think it should be."

— Wayne Dyer

"Inner peace begins the moment you choose not to allow another person or event to control your emotions."

— Pema Chodron

"We can never obtain peace in the outer world until we make peace with ourselves."

— Dalai Lama

Peacefulness is another word for calmness gives quiet, pleasant, relaxing and silent mood to breathe freely and get some kind of

relief to get away from busy life. It is within and need not search here and there. We have to create our own happiness through satisfaction. Satisfaction plays a key role in this respect. A satisfied person is better than a successful individual. Be happy with what you have and satisfy yourself with the available resources in a given time makes sense to bring some kind of change within us keeps us active and alert in all respects at all times on all occasions is the main source.

Opportunities are plenty. Just wait for an opportunity. Every day is a new opportunity. The day begins with opportunities. We are here to find the ways and means in reality. It is possible to find with our positive thoughts. Thought process is ultimate. An idea can change this world to great extent. Expand your wings like a bird and struggle yourself to learn and improve one by one to cross the hurdles and obstacles that occur on regular basis makes an impact to create peace and prosperity in your journey.

That is the power of will. Where there is will there is opportunity. Willful exercise gives willful results. Mindful exercise gives willful results. Results are ultimate. It allows towards success. Success is a journey not the destination. Consistency gives confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is must. Set a SMART goal and accomplish it. Our effort should be higher than our goal.

Then only things will happen in reality. Realization helps to evaluate and appreciate to concentrate and commit ourselves on a particular task allows us to complete it in time gives pleasure and happiness. It leads to peace and prosperity. It is a step by step process. Nothing happens instantly. A stitch in time saves nine. Timely action gives timely results. Effectiveness is a key for everything. Planning and implementation are like two legs to move forward with great zeal of enthusiasm to reach miles

and miles in our journey to reach our destination well in time is the right way of approach.

Live and let live is the way of living. Honesty keeps integrity. Integrity allows depending on us by others in reality. It works like a goodwill in long run and helps to create a pyramid and stay strong and stable.

Power of Positivity

Positive thinking can have pitfalls at times. While it is important to have an overall positive outlook, unrealistically high expectations can lead to disappointment.

"The positive thinker sees the invisible, feels the intangible, and achieves the impossible."

— Winston Churchill

"If the mind thinks with a believing attitude one can do amazing things."

— Norman Vincent Peale

"Focusing on the positive is a state of mind which is a muscle that must be worked."

— Christopher Pinckley

"Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts."

— Simplelife.com

Positivity refers to our tendency to be optimistic in life, and it can have a big impact on our physical and mental health. Positive thinking is the practice of focusing on the good in any given situation, without ignoring reality or making light of problems. Positivity means a positive frame of mind, where the focus is on doing and achieving, not on thinking about the past or about difficulties. The positivity effect is a psychological phenomenon whereby positive emotions and thoughts increase positive self-perceptions and improved self-esteem. Positivity is the

practice or tendency to be positive or optimistic in life. When we are positive, we engage in positive thinking, have positive emotions, and engage in positive behaviors like kindness and generosity.

Strategies that can improve your positive thinking include noticing your thoughts and making a conscious effort to shift from negative thoughts to more positive one. Practicing positive self-talk and practicing gratitude can also be helpful ways to start having a more positive outlook. Positive thinking means approaching life's challenges with a positive outlook. It doesn't mean seeing the world through rose-colored lenses by ignoring or glossing over the negative aspects of life. Positive thinking does not necessarily mean avoiding difficult situations. Instead, positive thinking means making the most of potential obstacles, trying to see the best in other people, and viewing yourself and your abilities in a positive light. Positive thinkers are more apt to use an optimistic explanatory style, but the way in which people attribute events can also vary depending upon the exact situation.

For example, a person who is generally a positive thinker might use a more pessimistic explanatory style in particularly challenging situations, such as at work or at school. Positive thinking is important because it can have a beneficial impact on both physical and mental well-being. People who maintain a more positive outlook on life cope better with stress, have better immunity, and have a lower risk of premature death. Positive thinking also helps promote greater feelings of happiness and overall satisfaction with life. Positive thinking refers to the idea that you can affect your outcome through positive affirmations, self-talk, and visualizations. It's an idea that many people across different industries, including healthcare, have adopted to one degree or another. Positive thinking is an act of replacing negative thought patterns often thought of as pessimism with positive thought patterns often thought of as optimism. Positive thinking can't be practiced without acknowledging the reality

of what you're experiencing and feeling. Positive thinking can help with stress management, worry, and improving the way you think. By extension, it may have positive effects on other aspects of health due to stress role in several diseases and mental health conditions. Positive thinking involves focusing on the positives and replacing negative thoughts with a more optimistic outlook. This can include positive self-talk, positive imagery, and building self-esteem.

Preadolescent Girl

Preadolescence is a stage of human development following middle childhood and preceding adolescence. It commonly ends with the beginning of puberty. Preadolescence is commonly defined as ages 9-12. Preadolescence can bring its own challenges and anxieties.

"Be the change that you wish to see in the word".

– Mahatma Gandhi

"Never look down on anybody unless you're helping them up."

– Jesse Jackson

"Happiness is not something ready-made. It comes from your own actions."

— Dalai Lama XIV

"If I cannot do great things, I can do small things in a great way."

– Martin Luther King Jr.

"Success is not final, failure is not fatal: it is the courage to continue that counts."

— Winston S. Churchill

"You are braver than you believe, stronger than you seem, and smarter than you think."

— Christopher Robin, Winnie the Pooh

"A daughter is just a little girl who grows up to be your best friend."

– Unknown

"Words are not enough to express the unconditional love that exists between a mother and a daughter."

– Caitlin Houston

Change is part of life and it is must and mandatory in everyone's life. When the age is advanced changes will come naturally in our body and mind. It is quite natural. We need not worry much and accept it as it is. Preadolescence commonly defined as age 9-12 years. It brings its own challenges & anxieties irrespective of gender in real life. Parents should understand and guide them suitably by maintaining good relations with them to create confidence and courage in their minds. It helps to increase the respect on elders in family as a whole. We also have faced the same kind of situation when we were kids and our parents play the active role is stressed here to recollect and respond positively.

As a result, we consider ourselves as good parents and play our role as responsible individuals. It helps them to grow as good citizens of this great universe. It is like a cycle and moves on in this process. Maintaining good relationship is an art. Family bonds are tied up with love and affection. It gives strength to grow as better citizens of this world. Children will influence largely on parents behaviour coupled with neighbours, friends and society at large in long run. Creating an environment yields the fruitful results in due course. Cultivating discipline is the way of living. Discipline is the root cause of everything. Conduct and character defines our attitude. Positive attitude allows reaching positive people to acquire positive thoughts and attain positive results.

Thought process us ultimate. An idea can change this world to great extent. Our mind set alone makes us to become the

gigantic personalities with strong willpower makes as dynamic individuals in this society. People are good at large and it depends on the way we organize and handle the situation is crucial. Advance planning and implementation gives the best results in real life. Act now is the best policy. Understanding the situation is like a coin which has two sides. We should see both & digest them well as elders to guide and support our kids in this respect. Optimistic approach gives positive results. Results are ultimate. Let us accept. When you accept you get peace and joy. That is reality.

Reconnect with your "Why"

Your Why might be about helping others, creating something meaningful, building a business, or living with more intention. It's personal. It's powerful. And when you're in alignment with it, life feels more fulfilling. But even, when your Why is clear… things can still feel off.

Your Why is the daily conviction that drives you to make the world a better place. It's the feeling that puts things in perspective when everything you believe in is challenged. Your Why is the personal mission and passion that motivates you to overcome obstacles that keep you away from your life's purpose.

"Reconnect with who you truly are and what you really want rather than letting the outside world, determine it for you. Reconnect with your purpose and your passion to know if your actions are helping you to achieve it".

– Susan C. Young

"Maturity only comes when we can WALK away from people and situations that threaten our peace of mind, our self-respect, our morals or our self-worth".

– Inspirational Quotes for Modern Living – Artofit

"If you form the habit of going by what you hear others say about someone, or going by what others think about someone, instead of searching that thing out of yourself and seeing for yourself, you will be walking west when you think you're going east, and you will be walking east when you think you're going west".

– Malcolm X

Things will be hard, difficult and tough at the beginning when you start. While doing you accustom and adjust to feel and understand better to know the things will be alright to set and settle slowly when time moves on. You get confidence and courage to struggle and strain while preparing yourself to face the challenges that occurred in this process. You gain experience and knowledge about the subject what you do and create your own identity slowly and steadily. The motivation allows us to learn and earn more and more knowledge.

Knowledge is powerful. It gives creativity. It works like a path to move forward to reach your destination safely and securely well in time is the right way of living. It generates power within. It makes us to feel courageous and confident to determine and dedicate to sacrifice and focus more on your desired goals. Goal setting is ultimate. Set a goal and accomplish it. Once you achieve your goal you will be recognized and respected. It allows us to feel more responsible and accountable. It gives respect in the minds of others. It helps to create your own image in this universe. It is the universal fact. Believe! Belief gives everything. It enlightens and enhances to the next level in reality.

Realization helps to know the facts and figures in real life. You are the best judge for yourself. Your life is your experience. You are the best teacher for yourself. Self-education is self-learning. Learning is earning. Learning is a continuous process. Skill improvement is need of the hour. Time plays vital role. It has its own value. Your present determines your future. Live in your present. You are the key performer. Performance gives results. You are the best in this world. You only can do anything and everything. You are the brand ambassador of your own product. Goodwill gives image in long run. It needs patience. Prioritize your work to plan well and execute better and the best. Planning helps to have strategy. Structural work gives more clarity. It creates vision and develops leadership qualities. A leader is a reader. The leader should stand in the

middle when required. He or she lives in the hearts of people forever.

Rejection is God's Protection

The phrase "Rejection is God's protection" suggests that experiencing rejection can serve a higher purpose in our lives. Here are some key points:

God's goodness: Rejection can lead to growth and protection from worse situations, as God has good plans for us (Jeremiah 29:11).

Opportunities for growth: Trusting in God during rejection can help us stand firm in our principles and make better choices.

Guidance through Disappointment: Sometimes, what feels like disappointment is actually God's way of guiding us away from paths that are not best for us.

Redirection: Rejection can serve as a reminder that God is redirecting us towards better opportunities.

In essence, while rejection may be painful, it can ultimately lead to positive outcomes and divine protection.

Rejection is often viewed as a negative experience, but it can also be a protective force.

When we trust in God, rejection can become an opportunity for growth, helping us stand firm in our principles and make choices that enable us to live with courage and peace.

When faced with the pain of rejection or criticism, we can take refuge in prayer and turn to God for affirmation.

Acceptance from the Lord gives us strength and courage to push forward and embrace what life throws at us.

Rejection can be a blessing in disguise.

"Before they call I will answer; while they are still speaking I will hear".

– Isaiah 65:24

"Those who live in the shelter of the most high will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him".

– Psalms 91 : 1 – 2, NLT

"The lord says, I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honour them. I will reward them with a long life and give them my salvation".

– Psalms 91 : 14 – 16

Rejection is dismissing or refusing the proposal or an idea given in that particular Situation. It doesn't mean that you are permanently rejected. It is an indication that you should be updated or redirected with skill levels are to be improved at the time of rejection. It gives scope for redirection and rethink in your own way giving a chance to improve and learn to meet the needs required for that particular event. In one way God has protected to give a better chance next time beyond your imagination. Take into positive perception to gain more and do your best to meet the challenges that occurred in present circumstances. Scope is there always to learn and improve the skills required. Transformation is must in day-to-day world and consistency helps to grow with practice. It gives perfection. It also gives confidence and courage to face the challenges that occur in course of action during the process. Rejection works as a guide and mentor to protect you at every stage by reflecting yourself to use this experience and support to win better and the best. It works like a life lesson to remember forever with great respect. Life teaches us many lessons. Each lesson has some value and credibility to recognize and realize.

Rejection Hurts

Rejection hits hard because it taps into some deep-seated fears. Think about it: our ancestors relied on being part of a group of survival. When your self-esteem takes a hit it's important to remind yourself of what you have to offer. As social animals, we need to feel wanted and valued by the various social groups with which we are affiliated. Allow yourself to feel: Acknowledge and process your emotions rather than suppressing them. Surround yourself with support: Spend time with people who accepted and uplift you. Engage in grounding activities: Return to hobbies and routines that bring you joy and stability. Practice Self-Love: Focus on self-care & maintaining a positive relationship with your-self.

"Don't forget that you are human. It's okay to have a melt down. Just don't unpack and live there. Cry it out and then refocus on where you are headed".

– Pinterest Quotes

"Emotional pain cannot kill you but running from it can. Allow. Embrace it. Let yourself feel. Let yourself heal".

– Feeling quotes

"Pain is inevitable. Suffering is optional".

– Best Pain Quotes

Rejections are part of the process not the end of it. When you are rejected means it doesn't mean that you are not worth considered nor your work is up to the mark. Their needs and expectations may differ and the budget may not be sufficient or their project may delay further to wait and it is not the right time to launch. Thousand reasons are there for every

expectation. We need not hurt and feel inferior or discourage to get stress and strain. Instead, you create new energy to generate the power within and encourage yourself in positive direction to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. That is the power of will. Where there is will there is way. Keep going to struggle and get the results with positive attitude and attain the best in this process. It is an opportunity to rethink, revive, redesign and reshape your beliefs to improve your skills with learning attitude makes an impact in every step of your journey. It creates confidence and courage to determine and dedicate to sacrifice and focus more on your desired goals. Application is a key in this respect. Stop worrying start thinking is the way of living. Action gives results. Your effort is your valuable asset. Effort will never go waste. It has its own value.

Love yourself and your work. If you love your work it loves you in the form of success. Success is a journey not the destination. Successful people think differently act effectively. Effectiveness is key for everything. Creativity is the style of approach. Build your ladder to grow up in your career. It gives strength to face the challenges that occur on regular basis. Time is precious. Utilize the resources in given time is crucial. We are human beings. We feel and suffer when something is not happening as per our desire. Every day is a new opportunity. Have patience. Wait for an opportunity. You will get your turn. Believe! Belief gives everything. You are the key performer. Performance will give the results. One rejection doesn't stop your growth. It is like a game. If you want to play the game you have to follow the rules. Rejection is just a correction. Do better! Learn more! Sharpen your skills! Learning is a continuous process. It helps to understand better. It keeps you to plan well and execute better and the best. Knowledge is powerful. Know your strength. Apply accordingly. Keep trying! Consistent struggle gives consistent results. You are not stopping. You are continuing. Quitters will never win. Winners will never quit. Rome was

never built in a day. A stitch in time saves nine. All the glitters are not gold. If you want gold you should dig it deeply. You can't get it on surface.

Self-Awareness

Self-aware people are able to manage their behaviors and adapt to situations. They can accurately evaluate what the situation requires and then modify their actions accordingly.

"The more you praise and celebrate your life, the more there is in life to celebrate."

—Oprah Winfrey

"The privilege of a lifetime is to become who you truly are."

—Carl Jung

"You must do the things you think you cannot do."

—Eleanor Roosevelt

"You have power over your mind, not outside events. Realize this, and you will find strength."

—Marcus Aurelius

"The more you know, the less you fear failure."

—Ray Dalio

Awareness is a key for success. Know your strength and shift to focus more on your desired goals. Dream big achieve big. Consistent effort gives consistent results. Expand and widen your connectivity. People are your strength. Self-motivation is the best way of approach. Love yourself and your work. Work alone gives positive results. Aim high! Sky is the limit. Determine, dedicate, commit, focus, sacrifice and discipline helps to grow healthy. Our effort is our valuable asset. Create your own image and set an example to others. Arise, awake,

aware, allow, absorb, aspire, accept, and appreciate your journey. It is God given gift. If our intentions are good people will support us. Honesty and integrity are like two sides of a coin. Both are equally important. Each one has its own value. Human values are utmost important and gives us an immense pleasure and satisfaction. A satisfied person is better than a successful individual.

Believe! Belief gives everything! It inspires and empowers us! It gives strength! It makes us to feel with great zeal of enthusiasm to fetch the fruitful results in reality! Willpower is ultimate! Will gives skill! Skill gives thrill! Thrill gives us ability to perform! Performance alone gives results! Results will speak better than us! They spread like a jet plane and move fast to create wonders in real life! It gives recognition! Recognition shoulders to feel more responsible and accountable. They make us to learn and enhance to the next level and elevate us to reach peak! Be an optimistic! Positive thinking gives positive results! Thought process is ultimate! An idea can change this world! It helps to plan well and execute better. Ground reality is the known fact. Review scans everything. Realize, recoup, reconsider, study, understand, visualize, prepare. Know the facts. Love yourself and your activity. Action gives results. Consistency gives confirmation. Effort alone yields fruitful results. Attitude plays vital role. Be optimistic. Be enthusiastic. Discipline gives everything. Be kind enough. Maturity is learning! Learning is a lifelong process! It elevates us to next level in real life! Effort alone yields the best results! Your effort is your valuable asset! Your asset is your valuable effort! Belief gives confidence and courage to determine and dedicate to sacrifice to put a step forward to reach miles and miles towards our journey.

Difficult or unpleasant situation makes to change which inspires and empowers us to reach new heights in reality. Failure is a stepping stone to know the ground realities and evaluate us to update and upgrade to the next level in reality! It makes us to open our eyes to see the facts and figures. Results are

ultimate! They speak louder and spread faster than us. Action plays a role! Be action and result oriented with positive attitude to move with positive people for acquiring positive thoughts and achieve the positive results! Reading and writing a book improves our skills in many ways! Listening music gives great relief! It inspires and empowers us towards our journey! Raise yourself by raising others.

Self-Help Books

Self-help books are designed to provide strategies and insights that empower individuals to address their personal challenges such as mental health issues, relationship problems, or self-esteem concerns. The term "self-help" originated from the 1859 best-seller by Samuel Smiles, which emphasized the importance of personal responsibility and self-improvement. These books typically encourage readers to take action on their own, offering practical advice, exercises, and motivational content to facilitate personal growth and change. They cover a wide range of topics, including emotional well-being, productivity, and lifestyle changes.

Focus on Personal Growth: Self-help books aim to help readers overcome obstacles and improve their lives without relying on professional help, such as therapy, or counseling.

Practical Strategies: They often include actionable steps, exercises, and tips that readers can implement in their daily lives to foster change.

Accessibility: These books are generally written in an accessible style, making complex psychological concepts easier to understand for the average reader.

In summary self-help books serve as valuable resources for individuals seeking to enhance their lives through self-guided improvement and personal development.

"It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it."

— Dale Carnegie, How to Win Friends & Influence People

"Until you value yourself, you won't value your time."

— M. Scott Peck

"Remember always that you not only have the right to be an individual, you have an obligation to be one."

— Eleanor Roosevelt

Self-help is nothing but self-improvement, self-learning, self-realization, self-evaluation, self-reflection and self-observation which empowers and enhances us to improve our own caliber and concentration gives scope to thrive and learn more and more in general. Finally it leads to self-love is ultimate in gaining on our own in real life. Self-help motivates, innovates, extends, allows and appreciates us to reach peak. Book reading is an art. Self-help books will help us to learn and improve our own skills at different levels. It is a continuous process. It needs effort and gives ability to learn and improve on our own. It generates power within and inspires us to create our own path in most of the cases. A coin has two sides. Both are equally important. While studying the books we should take the cream of it and try to implement them on daily basis gives some kind of change in our way of living. When we observe we should continue the system to develop and grow gradually step by step will certainly give results in long run. Skill development improves gradually over a period of time by learning with positive attitude makes sense. Each book has its own value.

Even one chapter makes change gives lot of impact in person and gives scope to grow and develop your own personality. Personal growth is your own growth. No one takes from you or hidden and it comes out in the form of knowledge to express and exhibit through your skills at different stages gives recognition. It makes you to book a gigantic personality. Establish on your own and keeps you to build a strong personality in due course. That is the power of will. Where there is will there is way. You can win and gain to prove as successful individual by helping on your own. Self-help is not selfish. It is your struggle. You

are putting your effort. You are creating your own future. You are developing step by step. It works like a stepping stone. Each stone helps you to climb up like a ladder. One day you reach peak like Mount Everest. You yourself will surprise by seeing your success for a while. It shoulders to feel more responsible and accountable. It makes you to be a leader. A leader is a reader. The leader stands in the middle of people when required. They rely on leadership qualities. Success is a journey not the destination. Successful people think differently act effectively.

Self-Motivation

Self-motivation is your ability to find enthusiasm and passion for a particular task, using them as the driving force to complete it. One can stay motivated by setting small goals & review regularly.

"Love yourself first and everything else false into line. You really have to love yourself to get anything done in this world."

—Lucille Ball

"Motivation is what gets you started. Habit is what keeps you going."

—Jim Rohn

"You can't go back and change the beginning, but you can start where you are and change the ending."

— C. S. Lewis

"You, and only you, are ultimately responsible for who you become and how happy you are."

— Rachel Hollis

"To get momentum, you must first focus on a specific goal with passion and intensity."

— Donald Trump

"If you want to be the best you will be the number one but if you want to be unique you will be the only one remember that".

– Best Self Motivational Quotes

"It all begins with you. If you do not care for yourself, you will not be strong enough to take care of anything in your life".

– Aspiring Quotes.com

Being true to yourself means living authentically by aligning your actions with your core values. It involves knowing who you are, accepting yourself, and acting in harmony with your beliefs and feelings. According to this view, a person's true self essentially lies beneath the surface, and our task is to find, recognize or understand that which already exists. Mahatma Gandhi once said "The best way to find you is to lose yourself in the service of others." It helps to improve our mental and physical health. Knowing yourself is the beginning of all wisdom. It makes sense of your life. Differentiate yourself to find the ways and means to understand better and the best about the ground realties helps to plan well and execute better in given circumstances with available resources is a key exercise. It also helps us to move in positive direction with positive attitude to reach more people to share our views with others makes an impact on us and others as well. Sharing is caring. Share your success with others. Listen carefully. Hearing is an art.

Listening your inner voice - It inspires and empowers you to put a step forward to reach miles and miles in your journey. Change is must and mandatory. Change yourself. Otherwise, the change will chase and we are nowhere in this universe. Transformation keeps us to be alert and awake in each and every situation to get up and dress up to raise up and show your strength where required makes you strong and stable. Stability gives ability. Ability gives confidence, courage, determination, dedication, sacrifice, and focus more on your desired goals. Choice is yours! It is in your hands. Decide! Decision making is crucial. Once you decide start to act upon. Action gives results. Effectiveness is the key for reality. Your present is your reality. Do it now is the best policy. Motivate and evaluate then appreciate yourself to get the things done

in an innovative and dynamic way yields fruitful results. Self-motivation is self-drive creates faith and inspires to empower and enhance to the next level in reality. It makes to reach peak. It is a step by step process. Nothing happens instantly. Instant results will not fetch much. All the glitters are not gold. If you want gold you should dig it deeply. You can't get it on surface. Every day is a new opportunity to think wisely act effectively to create your own identity. You are the key performer. You are the trendsetter. You only can do anything and everything.

Self-Reflection

Self-reflection is a mental process to grow your understanding of who you are, what your values are, and why you think, feel, and act the way you do. Self-reflection is the activity of thinking about your own feelings and behavior, and the reasons that may lie behind them. Self-reflection is the ability to witness and evaluate one's own cognitive, emotional, and behavioral processes. Understanding ourselves is a fundamental aspect of self-reflection. As we delve into the depths of our inner landscape, we uncover layers of our identity, values, and aspirations. By exploring our strengths and weaknesses, we can leverage our talents and work towards personal growth.

"Your higher self- lives in a state of oneness with the highest potential within you, as well as the highest potential within all of humankind. It acts as your conscience, knowing innately that you will only be happy when you treat others as you would like them to treat you."

— Rhys Thomas

"The Universe is not punishing you or blessing you. The Universe is responding to the vibrational attitude that you are emitting. The more joyful you are, the more well-being flows to you — and get to choose the details of how it flows."

— Pure positive energy — Abraham Hicks

"Nothing stands between me and my dreams. I only have to maintain my self-belief, trust my intuition and act with clarity, determination and kindness. When my energies are aligned in this way the Universe supports my every action."

— Linda Field Life Coach

"I am powerful, loving and wise. I am centered in my essence. I am honoring my own inner worth. I am counting my blessings. I am healing power of the Universe. I am loved and loving, healed and whole."

— Pinterest.com

"I believe in a higher power. I have no need, or desire to wrap on identity around it, because religion's obsession with 'the right identity' has caused separation of our planet's people — and believe in love and unity, regardless of our spiritual beliefs. Whether we call it — God source, The Universe, Buddha whatever, doesn't matter to me. My eyes, ears, and heart are open to the wisdom, beauty and miracles that surround us constantly. That juices me beyond words."

— Pinterest.com

Self-reflection is a skill that can help you understand yourself better and improve your mental health. Self-reflection involves being present with yourself and intentionally focusing your attention inward to examine your thoughts, feelings, actions, and motivations to nurture yourself and grow accordingly. According to Kristin Wilson Active self-reflection can help grow your understanding of who you are, what values you believe in, and why you think and act the way you do. It explores the benefits and importance of self-reflection, as well as some strategies to help you practice it and incorporate it into your daily life. Self-reflection is important because it helps you form a self-concept and contributes toward self-development. Self-reflection is critical because it contributes to your self-concept, which is an important part of your identity. It includes your thoughts about your traits, abilities, beliefs, values, roles, and relationships. It plays an influential role in your mood, judgment, and behavioral patterns. The self-reflection is base for everything. It gives answers for our past, present and future. The past gives an experience. The present tells us what to do? How? When? Where? Why? The most important

question is whether to do or not also is an important point. It helps to determine and dedicate to sacrifice and focus more on our desired goals. Decision making is crucial. In any case we can't decide and do it immediately. No doubt, some occasions it happens. But most of the times we plan well and do our jobs accordingly. Planning gives clarity. We can visualize, live and love it. We take sufficient steps where required. We consider for improvement if necessary. We study and understand better based on the results we get and allow us to grow accordingly.

We come to know the facts and figures in real life. The truth is in front of us. As a matter of fact, your present determines your future. It plays an active role in real life. If your past is a text book, the present is a guide to follow and implement it for the bright future. It makes you to rectify the mistakes where you did and not to repeat the same mistake again. As human beings we commit mistakes on regular basis. Never commit the same mistake again and again. Try your level best. Learn on each and every step what you put forward. Stabilize yourself. It gives ability and strength to move forward with one step to reach miles and miles in your journey to reach the destination safely and securely well in time is the right way of approach. Keep on doing. Never stop in middle till you reach your goal irrespective of the obstacles and hurdles that occur in middle. Determination is key for everything. Dedication is part of responsibility. Sacrifice is your way of living. Focus is your style of work. When you focus on your desired goal it happens with your effort. Effort will never go waste. It has its value. Your effort is your valuable asset. Your effort should be higher than your goal. Then only it happens in reality. Realize! Recollect! Respect! Respond! Self-reflection allows you to listen to your desires, passions, and energy levels, fostering self-awareness. Self-reflection helps make informed relationship decisions and resolves conflicts effectively. Self-reflection recognizes strengths, accomplishments, and fosters belief in abilities for new situations. Self-reflection cultivates critical thinking,

learns from mistakes, and develops effective strategies. Self-reflection brings calmness, self-understanding, and empowers individuals to handle everyday life. You can spend some time looking inwards to assess your situation and make an educated decision based on how you feel about the relationship, and not necessarily in the heat of the moment.

Self-Worth

Self-worth is simply defined as the level of importance you place on yourself. It is an emotional outlook that determines how and what you feel about yourself in comparison to other people.

"Don't worry when you are not recognized, but strive to be worthy of recognition."

Abraham Lincoln

"There will always be someone who can't see your worth. Don't let it be you."

— Mel Robbins

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

— Melody Beattie

"Always remember you are braver than you believe, stronger than you seem, and smarter than you think."

— A. A. Milne

"If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started."

— Marcus Garvey

Self-worth is self-designed, determined, dedicated, declared by you, your own strength or capacity in visible manner and prove yourself as a successful individual in reality. It makes you to feel proud and gives pleasure and satisfaction in all respects at all times on all occasions is the main criteria. Self-care is not selfish. If you take care of yourself then only you can take care of others. You are the first priority. You should stand up to live and let live others. You are the key individual. Your identification gives an extra energy to inspire and empower others.

You are the key performer. Performance alone gives results. Proving is not an easy task. It needs lot of effort and ability to show your strength in the form of results. Results are ultimate. An idea can change this world to great extent. Every day gives us an opportunity. Every day has its value. Each day makes you as special and gigantic personality. It is in your hands to prove and perform better and the best. Be inspired to inspire and empower in and around. Be grateful. Prepare yourself to face the challenges that occur on regular basis. Never look back irrespective of the obstacles and hurdles that occur in course of action and move forward with great zeal of enthusiasm to fetch the fruitful results in reality. You are the key performer. You only can do anything and everything. You are the trendsetter. Creativity is your attitude. Positive mindset gives positive energy. Energy gives strength. Be strong and stable.

Stability gives ability. Ability allows you to move forward with one step to reach miles and miles in your journey. Success is a journey not the destination. Successful people think differently to act accordingly. Activeness is the way of life. Help ever hurt never is the part of living. Honesty is the policy. Love and kindness is the style of living. All the glitters are not gold. If you want gold you should dig it deeply. You can't get it on surface. Have patience. Wait for an opportunity. Rome was not built in a day. Everything takes its own time. Time is precious. Time proves everything. It will not wait for anybody. Past is past.

Live in your present. Your present is your reality. Do it now is the best deal. You are breathing means you are surviving. You are surviving means you are contributing. Your contribution counts and serves the purpose. You came to this world to give something. It gives pleasure and satisfaction. A satisfied person is better than a successful individual. Preparation gives clarity. It allows you to plan well and execute better and the best. Learning is a lifelong process. It gives more knowledge. Knowledge is powerful.

Silent Power

Silence has a unique power to convey meaning and evoke emotions. It is often said that actions speak louder than words, but sometimes, silence speaks even louder. When used effectively, silence can convey a sense of anticipation, mystery, or even disapproval. It can create tension and capture attention in a way that words alone cannot. One of the most powerful uses of silence is the pregnant pause. This is the deliberate pause in conversation, where a speaker momentarily stops speaking, allowing the listener to process the information or respond. The pregnant pause can be used to emphasize a point, build suspense, or give the listener time to reflect. It can be a powerful tool in public speaking, storytelling, or even in everyday conversations. Silence can also be used to express emotions that are too complex or intense to put into words. When words fail, silence can convey sadness, grief, or awe. It can create a space for individuals to process their emotions without judgment or interruption. In this way, silence can be a powerful tool for emotional healing and connection.

"Don't waste words on people who deserve your silence. Sometimes the most powerful thing you can say is nothing at all".

– Buddha

"A seed grows with no sound but a tree falls with huge noise. Destruction has noise, but creation is quiet. This is the power of silence"...

- Grow Silently

Silent power is more powerful than external appearance. It cultivates to observe more through the vision which helps

to take action well in time makes an impact on us and others as well. Inner feelings, joy and pleasure creates awareness to awaken and learn to improve gradually over a period of time in reality. Determination and dedication creates strong feelings in the form of willingness to provide the desire and comes out through the action gives results. It can't be measured through external sources. It is incomparable and unimagined at any cost and gives great satisfaction. Satisfaction plays vital role. It consists and confirms as a valuable resource to thrive us in day to day world. Peace of mind is peace of everything. When we are fresh and fair we become active and healthy to grow and develop on our own. Development is the base for creating a foundation to become strong and stable. It gives strength. When we are strong our confidence and courage levels will increase and allow us to face the challenges that occur on regular basis. Thought process is ultimate.

Listening the inner thoughts to grind yourself within to plan well and perform better and the best in reality. Relationship helps to coordinate and cooperate where required. Network is net worth. Worthiness is the top priority. When we are worth full people will consider us to prefer and join us to allocate a job and attain it with better understanding. Win-win strategy helps to grow wisely. Positive attitude helps to reach positive people to attain the positive thoughts and achieve the positive results. Power alone makes things happen in reality. Power has the power to move forward to get the things done in real life. If we have power people will show interest to deal and benefit with facilities provided as and when required. It is like a give and take policy. Human needs are most important. Without love and kindness we can't live in this world. Help ever hurt never is the way of living. Honesty and integrity are the kind of living. Living together gives more strength. It creates team spirit. Teamwork is vital. We never feel loneliness. Strong willpower keeps us to move forward with great zeal of enthusiasm in order to fetch the fruitful results in due course. End result is

ultimate. It gives recognition. Recognition shoulders to feel more responsible and accountable. Once we are accustomed to get success we ourselves will surprise for a while and try to maintain the standards. Human values are utmost essential. Creating your own path will help to follow by others.

Skill Development

Skill development refers to the process of acquiring, improving and enhancing skills to perform tasks more efficiently and effectively. It involves learning new skills or improving existing ones to accomplish specific goals, which can encompass a wide range of abilities, from technical skills to soft skills like communication and teamwork. In essence, it is about identifying skill gaps and making efforts to bridge them through sustained and systematic efforts.

"The more we give importance to skill development the more competent will be our youth".

– Narendra Modi

"We should remain students for lifetime. You should be ready and yearn to learn from every moment of life".

– Narendra Modi

"An opportunity to work is good luck for me. I put my soul into it. Each such opportunity opens the gates for the next one".

– Narendra Modi

"I will make such a wonderful India that all Americans will stand in line to get a visa for India".

– Narendra Modi

"Failure should never become a hindrance in the learning process. Instead, we should learn from our failures to strive and overcome challenges in our lives".

– Narendra Modi

"If you call yourself a leader, then you have to be decisive. If you're decisive, then you have the chance to be a leader. These are two sides to the same coin".

– Narendra Modi

Skill improvement is an art. Whether it is learning English or any other language we should speak and listen carefully. When we hear we can understand better and the best. Then we try to express our views gradually. Apart from speaking we should read and write as many times as possible. Practice makes perfect. Consistency gives confidence and courage. Be optimistic! Positive attitude helps to thrive and learn as much as possible. It gives scope to learn and improve in many ways.

Skill development is part of the process. For that matter, in any profession we should determine and dedicate to sacrifice and focus more on our desired goals. Then only things will happen in real life. Pen down and put your thoughts in words. They fly one by one like a bird in the sky. Your desire works like wings to move forward to the next level and reach peak one day in the near future. Your present decides your future. You are the performer. Performance gives results. Keep on doing.

Learning is a lifelong process. Never stop in the middle till you reach your goal irrespective of the obstacles and hurdles that occur in middle will never shake nor interrupt you. Your aim is to reach the destination in your journey. Hurdles and Obstacles are part of the process. Never mind! Don't feel or fear. Enjoy your journey. Love yourself. Love your profession. Love everyone. If our intentions are good people will guide and support us. That is reality. Live in your own way. You are the best. You can do it. Nothing is impossible. Believe! It gives everything. Keep up! All the best!

Spiritual Awakening

A spiritual awakening refers to a profound transformation in consciousness, often described as a journey toward enlightenment. It involves letting go of old beliefs and opening oneself to a deeper understanding of life, leading to a new sense of being and heightened empathy for others. This awakening can manifest as a sudden discovery of self and realization of truth, fundamentally altering one's perception of reality. It is often characterized by an intense connection to oneself and the world around.

Spiritual awakening is a transformative experience that makes the beginning of an individual's spiritual journey. This experience is characterized by a heightened sense of awareness, a deep connection to a higher power, and a total reorientation of one's values and beliefs. Spiritual awakening can be triggered by many factors, such as prayer, meditation, or a life changing event.

"A spiritual awakening is not usually pleasant. Often it feels like confusion, frustration, anger, sadness, grief, or being "out of place". A spiritual awakening can be uncomfortable and challenging because, it is an intense time of personal growth. But despite how difficult it may feel, you're not going crazy; you're evolving".

- Spiritual Awakening Quotes

"You can have a spiritual awakening and discover a new side of you at any age. And best of all, love can happen at any age. Life can just start to get exciting when you're in your 40's and 50's. You have to believe that"

– Salma Hayek

"Spiritual maturity is a lifelong pursuit. We grow in spiritual maturity moment by moment, day by day year by year".

– Jim George

"The spiritual guest is not some added benefit to our life, something you embark on if you have the time and inclination. We are spiritual beings on an earthly journey. Our spirituality makes up our beingness".

- John Bradshaw

Spiritual awakening is a God given gift. When we believe ourselves we trust to get the confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals. It generates power within and inspires us to move forward with one step to reach miles and miles in this journey. It also helps to reach our destination well in time irrespective of the obstacles and hurdles that occur in this process. It creates a path to learn and relearn to improve our skills in given time with the available resources is stressed here on this occasion.

Transformation is a key factor to mold ourselves and evaluate and enhances us to the next level in reality. Appreciation is a bench mark to grow step by step with proper understanding makes us to flourish in a firm mind gives strength and ability to prove and perform better and the best. Love, kindness, trust, equality, respect, recognition, appreciation are the basic principles to sustain and survive together as one family to set an example to others will guide everyone and support us to respect as an individual in society. We should play an active role by balancing our life as personal, professional, social, spiritual and family makes an impact on us and others as well. Playing our role as an active person with full responsibility gives immense pleasure and satisfaction. It needs support from all walks of life. If our intentions are good everyone can understand better and support us to go ahead in this world. Every day is a new beginning. The sun rises in the east and sets in the west. Similarly we should wake up early in the morning

and do our duty to the best of our ability and hope for the best to get the best gives full satisfaction. When we go to bed we should sleep well by remembering the good work done in day time keeps us with full energy.

It fills with love and affection. It gives extra strength to store for tomorrow and do our normal duties as usual and the days will go like this and weeks pass on through months, years, decades like that the life moves on. It is like a journey to travel from place to place will move smoothly like a train on rails. Sweet memories will bear in mind. Each memory is like a milestone to step up and climb up the hill slowly step by step to reach the Mount Everest. It keeps on moving forward. It is like a flowing river. The river never flow reverse. It is the most auspicious and faithful journey to sail on the ship. Your life is your experience. You are the best judge for yourself. Believe! Belief gives everything. Trust your gut!

Sustainability

The idea of sustainability is often broken down into three pillars: economic, environmental and social—also known as informally as profits planet and people.

"Sustainability is a part of our 'rise' philosophy. You cannot rise if you take more from the community than you put back."

— Anand Mahindra

"When sustainability is viewed as being a matter of survival for your business, I believe you can create massive change."

— Cameron Sinclair

"We can create a more sustainable, cleaner and safer world by making wiser energy choices."

— Robert Alan Silverstein

"The future is green energy, sustainability, renewable energy."

— Arnold Schwarzenegger

"Sustainability is treating ourselves and our environment as if we are to live on this earth forever."

— Arron Wood

Sustainability is the ability to maintain or support a process over time without depleting natural or physical resources. The ability to maintain or support is a process continuously over time. Sustainability is often broken into three core concepts: economic, environmental, and social. Many businesses and governments have committed to sustainable goals, such as reducing their environmental footprints and conserving resources. Some

investors are actively embracing sustainability investments, known as "green investments." Skeptics have accused some companies of "green washing," the practice of misleading the public to make a business seem more environmentally friendly than it is. Accordingly, sustainable policies emphasize the future effect of any given policy or business practice on humans, ecosystems, and the wider economy. The concept often corresponds to the belief that without major changes to the way the planet is run, it will suffer irreparable damage. Sustainability is a great thought. It gives scope to develop gradually. It is like a step by step process. Slow and steady wins the race is the way of living. Don't expect instant results. Instant results will not fetch much. There is no shortcut method for success. Success is a journey not the destination. Results are ultimate. An idea can change this world to great extent. Thought process is ultimate. It creates positive attitude. It allows us to meet positive people to acquire positive thoughts and attain positive results. It also makes us to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is ultimate. Set a SMART GOAL and accomplish it.

Evaluate and appreciate yourself. It inspires and empowers you from present to the next level in reality. Learning is a lifelong process. Learn and earn more and more knowledge. Knowledge is powerful. It allows us to listen and plan well to prove on your own to climb up the hill gradually. Rolling stone gathers no mass. Stick on your decision to determine and consider till end irrespective of the obstacles and hurdles that occur in middle makes you to be as a successful individual. Listening is an art.

Listen carefully to understand better to know the ground realities will help to plan effectively and perform better and the best in real life. Action gives results. Effort alone yields the fruitful results. Your effort is your valuable asset. Effort will never go waste. It has its value. Keep on doing. Practice makes perfect. Consistent effort gives consistent results. Focus more on reality. Realistic way of approach gives real results. Be practical. Create

your own image. Creativity is part of the process. Create your own path to follow by others. It gives pleasure and satisfaction. A satisfied person is better than a successful individual. You are the performer. You only can do anything and everything.

Success is a Journey

Success is not just a fixed goal to be achieved, but a continuous journey of growth, learning, and exploration. Success is an evolving journey, constantly changing and adapting to our needs and desires. Success needs growth. Developing new skills, learning from our mistakes, or expanding our knowledge, success is a journey that requires us to constantly grow and improve.

Success is not something that can be achieved overnight. It requires consistent effort, hard work, and perseverance. Success is a process that requires us to take small steps towards our goals, day by day. The journey to success can be just as fulfilling as the destination itself. As we work towards our goals, we gain confidence, experience personal growth, and develop a sense of purpose. Success is not just about reaching the end goal, but it's about enjoying the journey and experiencing all the ups and downs that come with it. Embrace each step of the process, and don't be too hard on yourself if things don't go as planned.

Remember, setbacks and failures are just opportunities to learn and grow. It's important to celebrate your wins and milestones along the way. Celebrating your successes, big or small, helps to keep you motivated and focused on your goals. Take the time to acknowledge your achievements, no matter how small they may seem. Surrounding yourself with positive and supportive people can have a big impact on your success journey. Seek out individuals who will encourage and inspire you, and who will celebrate your successes with you.

"Keep away from people who try to be little your ambitions. Small people always do that, but the really great makes you feel that you too can become great".

– Mark Twain

"The one excellent thing that can be learned from a lion is that whatever a man intends doing should be done by him with a whole-hearted and strenuous effort".

– Life Lessons by Chanakya Neeti

"The truth is like a lion; you don't have a defend it. Let it loose; it will defend itself".

– The Truth is like a Lion

"Our human compassion binds us the one to the other not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future".

– Nelson Mandela

Success varies from individual to individual. It depends on various factors. It mainly feels about our own attitude with love and kindness. The environment and mindset create the success story. To say frankly, depending on our effort and ability to handle the things make success. Thought process is ultimate. An idea can change this world to great extent. Successful people think differently act efficiently. Attitude plays vital role in this respect. Positive attitude creates positive mindset and allow us to meet the positive people to acquire positive thoughts and attain the positive results. Success is a journey not the destination. Consistency gives ability to prove and perform better and the best. It helps to determine and dedicate to sacrifice and focus more on our desired goals. Keep on learning. Learning is a lifelong process. Skill improvement is part of the process. Unity gives strength. It creates team spirit. Teamwork plays vital role.

Effectiveness is a key for everything. Willpower is ultimate. Willingness makes us to create the desire and plan well to understand the situation better in given circumstances with the time available makes sense in real life. It will have lot of impact on us and others as well. It motivates and enhances us to reach peak. That is the power of activity. Activeness gives strength. It makes us to become strong and stable. If we are strong we should be in a position to help others. Twin win strategy helps to grow horizontally. Network is net worth. Collective effort gives collective results. Sharing is caring. Share your success with others. It develops leadership qualities. A leader is a reader. All the readers are not leaders. A leader should stand in the middle of people to create the confidence among public when required. Then they believe and follow the leader who lives in the hearts of people. Success spreads fast without frontiers in no time. It gives recognition coupled with name and fame. It shoulders to feel more responsible and accountable. The leader should be reliable and genuine. Then only one can stay forever in the minds of people in this universe. It is the universal fact. Discipline is the root cause of everything. Believe! Belief gives everything.

Sunrise and Sunshine

Sunshine refers to the warming and cheering influence, warmth, illumination, and brightness of the sun rays. We sit with a monarch's heart, and ripen in the sunshine of our favor. Sunshine is the general condition experienced when the sun's rays illuminate the Earth, bringing light and often warmth. This phenomenon is crucial for life, providing the energy needed for plants to photosynthesize and for humans to maintain their circadian rhythms. On the other hand, sunrise is a specific event that occurs once every day, marking the transition from night to day. It is the moment when the upper limb of the sun becomes visible on the horizon, signaling the start of daylight hours.

"Ones destination is never a place, but always a new way of seeing things".

Henry Miller

"Hope is like the sun, which, as we journey toward it, cast the shadow of our burden behind us".

– Samuel Smiles

"The sun will rise and set regardless, what we choose to do with the light while it's here is up to us. Journey wisely".

– Alexandra Elle

"Keep your face toward the sunshine, and shadows will fall behind you".

– Positive Sunshine Quotes

"Hope is being able to see that there is light despite all of the darkness".

– Desmond Tutu

"At the end of the day ... all you really need is someone who loves you and always has your back".

– Love And Sayings

"Very little is needed to make a happy life; it is all within yourself, in your way of thinking".

– Marcus Aurelius

The duration and quality of sunshine can greatly affect the mood and well-being of individuals, with prolonged exposure to sunlight known to boost vitamin D levels and improve mood. Conversely, the time of sunrise can influence people's sleep patterns and daily routines, as the earlier light can encourage an earlier wake time in some individuals. While sunshine is often associated with happiness and vitality, signifying good weather and the opportunity to engage in various activities, sunrise holds symbolic meanings in many cultures. It represents new beginnings, hope, and the promise of a fresh start, with many people finding peace and inspiration in the beauty of a sunrise. Although sunshine is a broad term that encompasses the general presence of sunlight, specific phenomena like sunrays and sunbeams are aspects of sunshine that create visually stunning effects, especially when viewed through particulates like mist or dust. Sunrise, however, is particularly noted for its spectacular range of colors, from deep blues and purples to vibrant oranges and pinks, which are a result of the scattering of sunlight in the atmosphere during the early morning.

Sunrise means sunshine! It is natural. It keeps on reminding us to wake up and rise up to do our day to day activities on daily basis to fulfill our needs and requirements. It is an opportunity to show our gratitude towards God and express our feelings in

the form if prayers make an impact on us and others as well. That is the power of reality. It inspires and empowers us with great zeal of enthusiasm to fetch the fruitful results in real life. Will creates acceptance and eligibility to prove and plan well to execute better and the best. Your effort is your valuable asset. Effort will never go waste. It has its own value. Thought process us ultimate. An idea can change this world to great extent. Attitude plays vital role. Positive attitude makes to reach positive people to share and care for acquiring positive results. Every day is a new opportunity. Hopes and aspirations are part of the process. Hope alone gives scope to learn and improve. It allows us growing steadily. Steady growth gives ability and strength. Be strong and stable. If you are strong enough you can help others. Love and kindness are the pathways to create new journey. Life is like a journey to enjoy it. Your life is your experience. You are the key performer. Performance alone gives results. Consistency gives confidence and courage. It helps to determine and dedicate to sacrifice and focus more on our desired goals. Dream big! Accomplish big! Your effort should be higher than your goal. Then only things will happen in reality. Believe. Belief gives everything.

Teaching & Learning

Teaching and learning are important processes that are linked to the acquisition of knowledge, values, traditions, skills, behaviors. These two processes are two ends of knowledge acquisition process.

"A teacher is a compass that activates the magnets of curiosity, knowledge, and wisdom in the pupils."

— Ever Garrison

"The greatest sign of success for a teacher... is to be able to say, 'The children are now working as if I did not exist."

— Maria Montessori

"Education is the key to success in life, and teachers make a lasting impact in the lives of their students."

— Solomon Ortiz

"Teaching is the one profession that creates all other professions."

— Unknown

"Life is a teacher begins the day you realize that you are always a learner".

– Quote Master.org

Teaching is the practice implemented by a teacher aimed at transmitting skills to a learner, a student or any other audience in the context of an educational system. Teaching is closely related to learning, the student's activity of appropriating this knowledge. A teacher also called a school teacher or formally an

educator is a person who helps students to acquire knowledge, competence, or virtue, through practice of teaching. Informally the role of teacher may be taken on by anyone. In some countries teaching young people of school age may be carried out in an informal setting, such as within the family, rather than in a formal setting such as a school or college. Some other professions may involve a significant amount of teaching. Teaching and learning is a great concept! It is a noble profession. A teacher will play an active role in student's career once he/she becomes as an individual after completion of their education in reality. A teacher is like a guide, mentor, organizer, creator, adviser, counselor, consultant, master, therapist, evaluator, administrator, and appreciator in case of students to nurture them in every step of their journey till they grow at different stages makes an impact on the part of students to become as useful citizens of this great nation.

If the teacher is like one side of a coin parents will play their role on the other side of a coin and neighbors, friends, community also will play a great role in students' growth and development as full pledged individuals of this universe. It is a collective effort. Everyone has to play their role as trustees to contribute their level best in all respects, at all times, and on all occasions is worth mentioned here in this respect. Students should cultivate a habit of culture to behave in respectable manner with elders keep them to grow and flourish in their career as good citizens of this world makes sense and gives meaning to the rest to set an example in reality. We should plan to create a disciplined life right from the beginning to start at home will spread to the neighborhood and slowly towards community and then to the world at large makes an impact on everyone in long run.

Opportunities are plenty in our system and UGC is encouraging different modes of education for youth to prove their skills in different roles as learners will allow them to fulfill their needs as successful individual. Vision gives clarity. A Strategic plan helps to execute better and the best. It creates team spirit.

Teamwork plays vital role. It allows us to learn and improve in an innovative and dynamic way to move forward with great zeal of enthusiasm to reach our goals in time and allows us to spread the message widely. Knowledge is the base for everything. It is powerful and makes us as useful citizens of this great world.

Thankfulness

Thankfulness is the feeling of being happy or grateful because of something. When you are thankful, you are very happy and relieved that something has happened. Expressing gratitude can be as simple as saying a heartfelt "thank you", but it can make a big difference in our relationships with others.

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts."

— Henri Frederic Amiel

"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

— Henry Van Dyke

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

— John F. Kennedy

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for".

– Zig Ziglar

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into

clarity… it makes sense of our past, brings peace for today, creates a vision for tomorrow".

– Melody Beattie

A life of thankfulness is one where you experience yourself and others with life-giving energy. Gratitude, the emotion that relates to our ability to feel and express thankfulness and appreciation, is a key aspect of this. Thankfulness is a positive thing. It feels good, it is good for your mental health, and it is a blessing for the people around you. It is the quickest way to feel joy for the small support or guidance given by someone makes us to express our feelings immediately without any judgment. Spontaneous expression from within creates longevity in the minds of others and the person who acknowledged gives great strength in long run. It also improves the relationship and created the way to follow each other as and when the occasion arises. It helps great and works as life changing power to create a positive impact on one to one and loyal support strengthens the friendship in spiritual way through belief process. It immediately raises your vibration and turns your focus on goodness in your life. It fells the abundant blessings in and around you.

Thankfulness is gratefulness! Gratefulness is joyfulness! Joyfulness leads to peacefulness! Peacefulness creates a pleasant environment in and around when we express our gratitude towards love and kindness shown by the likeminded people allows us to grow in safe and secured zone. It inspires and empowers us beyond our imagination. It takes us to the next level in reality. Association itself with likeminded makes an impact to create an ambience in such a way that everything will change and transform to a different world.

It creates high vibes and positive energy to feel and share with everyone keeps strong and stable to allow the challenges that occur on daily basis gives scope to solve and continue our journey to reach our destination well in time is the right way of living.

Awakening helps to guide and support one another to feel as part of team creates team spirit among the team members and attain the results easily as a group. Thanksgiving is not just an expression or a feeling to spread widely as part of our message. It touches our inner heart and go in depth and swallowed to come out in natural form through our expressions as part of our duty and responsibility to share among teammates and like-minded with love and kindness.

The Power of New Beginnings

The term new beginning signifies a time for rebirth, hope and new possibilities. It represents an opportunity to reflect on the past while setting sights on the future, often associated with personal growth and transformation. New beginnings are essential in life, bringing excitement and the chance to start fresh, whether in personal, cultural, spiritual, professional or social contexts. They invite individuals to release the past and embrace new opportunities for development and connection.

A new beginning from God can be one of the most amazing gifts a person can receive in their lifetime. It is a fresh start, a new chance, and an opportunity to do things differently than before. This new beginning can come in many forms, such as when God delivers us from sin, saves us from death, or grants us a second chance after making a mistake. When we receive a new beginning from God, it is often accompanied by spiritual growth and maturity. We learn to trust in Him again, and our faith strengthens as we recognize how He has blessed us with this new opportunity for success.

With each fresh start comes the potential for greater things than before because of the renewed strength that God provides us. When God gives someone a new beginning, it is an invitation to start over with Him. He is offering His forgiveness and love, as well as His guidance and support. He calls us to come closer to Him and trust in His plan for our lives. This is a fantastic opportunity, and we must take it seriously if we want to make the most of this precious gift. The Bible has many stories that provide examples of God's grace and the hope of new beginnings. One of the most powerful examples can be found in the story of Abraham's journey of faith. Abraham trusted God, even when he had no idea where his travels would lead

him. He was willing to start over with God, despite all he had been through. Reading this story gives us hope that no matter what lies in our past, God is always willing to offer us a new beginning. When we make that connection, we can truly experience the power of new beginnings. It's an invitation to surrender our fear and doubts, invite faith in our hearts, and open up to the divine guidance from above.

"Don't be afraid of new beginnings. Don't shy away from new people, new energy, new surroundings. Embrace new chances at happiness".

– Inspiring Quotes about New Beginnings and Success

"A new day: Be open enough to see opportunities. Be wise enough to be grateful. Be courageous enough to be happy".

– Steve Maraboli

"There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will".

- Epictetus

"Be happy. Be yourself. If others don't like it, then let them be. Happiness is a choice. Life isn't about pleasing everybody".

– Inspiring and Positive Quotes

"Every new day is another chance to change your life".

– Oneway.org

New beginning is a great concept. Every day begins with new hopes and aspirations and allows us to determine and dedicate to sacrifice and focus more on our desired goals. It inspires and empowers to face the challenges that occur on daily basis and creates positivity. Creative positivity is nothing but creating strength. Strong will power gives ability to prove and perform

better and the best. It makes us to plan well and execute better in reality. That is the power of will! Where there is will there is way. Wilful exercise gives wilful results. Mindful exercise gives the best results. Results are ultimate. End result gives great pleasure and satisfaction. A satisfied person is better than a successful individual. Satisfaction plays a key role. It gives peace of mind. Peace of mind is ultimate. Success is a journey not the destination. Life is like a journey. Enjoy your journey. Love yourself and your work. If you love your work it loves you in the form of success. Successful people think differently act efficiently. Action gives results. Be as task oriented. Visualize! Strategic way of approach gives strategic results. Every beginning has its own value.

The Secret of Living Well & Longer

The secret of health, happiness, and long life: If you simply learn how to accept and express love, you will live longer...be happier...grow healthier. For love is a powerful force.

— Alfred Armand

"A long life may not be good enough, but a good life is long enough."

— Benjamin Franklin

"The ingredients of health and long life are great temperance, open air, easy labor, and little care."

— Philip Sidney

"Our life contains a thousand springs, and dies if one be gone. Strange! That is a harp of thousand strings should keep in tune so long."

— Isaac Watts

"A good teacher can inspire hope, ignite the imagination, and instill a love of learning".

– Brad Henry

"Get around people who have something of value to share with you. Their impact will continue to have a significant effect on your life long after they have departed."

— Jim Rohn

The secret of well living and longer depends on our health and living conditions based on habits we cultivate and create our own identity gives recognition and follow by others if we

maintain standards and create values makes an impact on us and others as well. It is not a one day affair and we should nurture ourselves consistently to prove and become to play dynamic role in an innovative manner keeps us to fit in a shoe with our attitude plays vital role. Mindset is ultimate! Thought process gives positive vibrations. A smile is like a star, it brightens our face to attract others and allow them to feel happy in pleasant manner keeps them to invite us in their territory to join hands and allow them to work together to find the ways and means, to create a value based society in reality. Love and kindness adds fuel to strengthen the relations and binds the values to grow in better way. It helps to share our views with each other for attaining the goals as designed and determined to dedicate and sacrifice to focus more on our targets.

Self-motivation is the best way of approach. It leads us to learn on our own and allow us to take decisions independently for acquiring positive thoughts and implement them well in time yields fruitful results in no time. Evaluation and appreciation keeps us to be alert and aware to awake the things in our daily life makes an impact in long run. Small things make big difference. A collection of small works make a big work to concentrate and complete it in time gives great relief in real life. Small or big is immaterial and irrelevant. Just do it and go to the next one like that keep on doing. It gives thrill. Work is Worship! Duty is Divine! Do your duty! Do your best! Give your best! Hope for the best! You will get the best. That is reality. It is the well-known fact. Each and every occasion gives us an opportunity to fulfill our needs and it is in our hands to utilize and get the best out of the available resources in given time makes sense and gives satisfaction. A satisfied person is better than a successful individual. Success is a journey not the destination. Successful people will think differently act efficiently.

All the glitters are not gold! Rome was not built in a day! Instant results will not fetch much. Have patience. Wait for an opportunity. Every day is a new opportunity. It knocks the

door to open and invite new thoughts to plan and execute better and the best in real life. Utilize the opportunity in an innovative and dynamic way with learning attitude gives scope to learn and improve further and helps to grow horizontally with positive attitude. It helps to reach positive people to acquire positive thoughts and attain positive results. Attitude is a key for everything. Wisdom is a God given gift. Reflect yourself to reflect others. Human values are utmost essential.

The Science of Awareness

The power of awareness refers to the idea that our thoughts and feelings shape our reality. In Neville Goddard's philosophy which is central to this concept, he asserts that the world around us is a reflection of our inner thoughts and by changing our mind set, we can alter our experiences. This philosophy is a key part of the New Thought Movement, emphasizing the importance of using our minds to realize our wishes and manifest our desires.

"Awareness is the greatest agent for change".

– Eckhart Tolle

"We cannot change what we are not aware of, and once we are aware, we cannot help but change".

– Sheryl Sandberg

"Awareness requires living in the here and now and not in the elsewhere, the past or the future".

– Eric Berne

"Every human has four endowments – self-awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom…The power to choose, to respond, to change".

– Stephen Covey

"The key to growth is the introduction of higher dimensions of consciousness into our awareness".

– Lao Tzu

"A successful life is one that is lived through understanding and pursuing one's own path, not chasing after the dreams of others".

– Chin-Ning-Chu

"Choose the positive. You have choice, you are master of your attitude, choose the positive, the constructive. Optimism is a faith that leads to success".

– Bruce Lee

Education is essential for the sustainable and equitable use of biodiversity and its conservation. It is also crucial for mainstreaming biodiversity. An education in awareness is self-motivation. Self-regulation leads to self-reflection. Self-Reflection is the activity of thinking about our own feelings and behaviour and the reasons that may lie behind them. Self-Reflection is a skill that can help you understand yourself better and improve your mental health. The public awareness is a kind of knowledge providing in general through various means is the key factor and transform the information is the main criteria. As a result, people will come to know and be alert in every aspect.

The science of awareness is a great concept. Awareness attaches to learn and earn more and more knowledge. Knowledge is powerful. It inspires and empowers us to move forward with great zeal of enthusiasm to reach our destination safely in time. It keeps on finding the ways and means in every step to realize and recollect our own views in different directions. It gives scope to thrive on our own. Awareness is a key for everything. Awakening is the next step to jump into the action. Action gives results.

Results are ultimate. Once you succeed you get recognition. It shoulders to feel more responsible and accountable. Expectations will increase from other end. People will enjoy your success. You yourself will surprise and accustom to see

your own success for a while. That is the power of it. It will not stop you once you taste it. The sky is your limit. You struggle a lot to learn and improve your own skills. Learning is a regular process. Keep on learning. Practice makes perfect. Perfection gives satisfaction. Satisfaction plays a key role. A satisfied person is better than a successful individual. Success is a journey not the destination. Successful people think differently act efficiently. Effectiveness is part of the process. It gives strength. When you are strong you can help others. Help ever hurt never is the best policy. Honesty and integrity are the way of living. Love and kindness is the style of approach. It creates goodwill. Brand image is your identity. Identification is your mark to identify and select good in society. You are the best. You are outstanding. You are spectacular. Your respect will increase in the minds of others. You create your own path to follow by others. Creativity is the way of living.

The State of Wholeness

Wholeness means that you accept yourself the way you are without the need to look prettier, feel younger, live longer, weigh less, have better education, more confidence, or achieve more success.

"The wholeness and freedom we seek is our true nature, who we really are".

– Jack Cornfield

"To overcome the intelligent by folly is contrary to the natural order of things; to overcome the foolish by intelligence is in accord with the natural order. To overcome the intelligent by intelligence, however, is a matter of opportunity".

– Zhuge Liang

"Look at situations as contingent , not as inevitable, look at them as the result of a series of historical choices made by men and women, as facts of society made by human beings, and not as natural or god - given, therefore unchangeable, permanent, irreversible".

– Edward W. Said

"Perhaps the most majestic feature of our whole existence is that while our intelligences are powerful enough to penetrate deeply into the evolution of this quite incredible universe, we still have not the smallest clue to our own fate".

– Fred Hoyle

"As might be expected he was given to bouts of very purposeful ignorance, and tended to pass over the harsher truths of human nature in favour of those that could be romanticized by whimsy and imagination".

– Eleanor Catton

"It works because the principle of personal space is always the same, whether you are fending off an elemental or someone's bad mood. It is a force field around yourself, and as long as our imagining powers are weak, it is useful to have something to remind us".

– Jeanette Winterson

Always be worthy and consider yourself as a star performer which inspires and empowers you in many ways. Self-love keeps evaluate, enhance and appreciate in every step of your way. It allows us to feel more responsible and accountable as the way of living in this process. It creates to thrive and initiate to learn and improve on daily basis. Learning attitude invites innovative thinking in dynamic and innovative way of approach keeps to determine and dedicate to sacrifice and focus more on our desired goals. Whether people will see your worth or not is immaterial and irrelevant. Your focus should be on you and your work not on others. Then only you can plan well and execute better and the best. Strong willpower gives ability to do and prove as successful individual. Be strong and stable. If you are strong you can help others. Help ever hurt never is the best way of approach. Honesty and integrity are the way of living. Love and kindness are the style of leading. It indicates the leadership qualities.

A leader comes out with daring and dashing view. Then only people will consider and identify as leader. Sharing is caring. Share your success with others. Successful people think differently act efficiently. Have patience. Wait for an opportunity. Every day is a new opportunity. Be optimistic. Positive attitude makes to reach positive people to acquire

positive thoughts and attain the positive results. Consistent effort gives consistent results. There is no short cut method for success. Success is a journey not the destination. Be like a bird to fly high in the sky. Believe! Belief gives energy. Energy gives strength. Skill development is part of the process. Where there is will there is way. Create your own path to follow by others. Creativity is the style of living. It gives pleasure and satisfaction. It plays vital role. A satisfied person is better than a successful individual.

The Transformative Power

Transformation is a powerful concept that holds deep significance in the Bible, representing a profound change or renewal at a spiritual level. It signifies a journey of growth, renewal, and becoming more aligned with God's will. In the Bible, transformation often involves a radical change in one's heart, mind, and soul. It is not merely about external changes but focuses on the inner renewal that comes from God. Believing in God's power to transform us is essential in the process of spiritual growth. When we undergo transformation according to God's will, we bear spiritual fruits that reflect His character. As believers, we are called to embrace the transformative work of God in our lives, allowing Him to mold us into vessels for His glory. The process of transformation may involve challenges and stretching, but through it, we grow closer to God and become more like Christ.

Transformation, rooted in faith and guided by the Word of God, is a beautiful journey of becoming, more like Christ and fulfilling God's purpose for our lives. As we allow God to transform us from the inside out, we experience His love, grace, and power working in us and through us. May we embrace the process of transformation with joy and anticipation, knowing that God's plans for us are good, and His promise of renewal is ever-lasting.

"The power of faith is transformative. It can be utilized in your own personal life to change your individual condition, and it can be used as a lifeline of spiritual strength to change a nation".

– John Lewis

"The work of God can only be carried on by the power of God. The church is a spiritual organism fighting spiritual battles; only spiritual power can make it perform as God ordained".

– Jim Cymbala

"Spiritual power comes out of inward fellowship with God and abandonment to his purposes".

– E. Stanley Jones

"The power of God tenderizes and changes us, not spiritual disciplines. Spiritual disciplines only position us to receive".

– Mike Bickle

"Spiritualty begins when you decide that you'll never stop trying. Spirituality is the commitment to go beyond, no matter what it makes. It's an infinite journey based upon going beyond yourself every minute of every day for the rest of your life".

– Michael A. Singer

Change is inevitable. Transformation thrives into the next level in reality. It never happens instantly. It needs determination, dedication, sacrifice, strong willpower and consistent effort. Above all we should have more patience and be as an action oriented. Understanding yourself gives a big change to accustom and cultivate the daily schedule keeps you to enhance and accustom to new heights in real life. Discipline cultivates good attitude. Attitude is our gratitude. Change alone brings some kind of growth in reality.

It creates an environment to learn and improve on regular basis. Learning is a continuous process. Motivation helps to think & inspire to empower in every step to move forward to reach miles and miles in our journey. Life is like a journey. Enjoy every moment to live in your present. Your present is your reality. Do something in your present determines future

to create a path in new direction to follow by others is a key factor.

Decision making is crucial. It develops leadership qualities. A leader is a reader. We need not read books alone, we can read each and every instant, occasion, mindset of people's behavior, circumstances gives an idea to come to a decision and implement it to get the best in given time and resources available makes sense and gives meaning. Meaningful life gives meaningful results. Results are ultimate. Action gives results. You are held responsible and accountable for your actions. You should be careful and cautious to select and execute better before implementation. Once, implemented wait for opportunity. Opportunities are plenty. Every day is a new opportunity. Think twice or thrice before you do something gives the best results. As long as our intensions are good people will help and support us. Believe! Belief gives everything.

Trust Yourself

To trust thy-self means to consistently stay true to yourself, look after your own needs and safety, and treat your-self with love and compassion. It means placing one's trust slowly in oneself to protect against the potential for betrayal. When you trust yourself, you don't question your own decisions, believe that you are capable of doing the right thing and sticking to your values, and love yourself, unconditionally. Trusting yourself also means being able to attempt to do all kinds of things without judging yourself too harshly.

Here's what self-trust looks like to me:

- Expressing yourself openly and honestly
- Sticking to personal standards, ethics, and core values
- Knowing when you need to take care of yourself first
- Confidence that Awareness of your thoughts and feelings
- You can get through difficult times
- Pursuing your dreams, without letting others stop you

If you have trouble with self-trust, you are not alone. In fact, it's pretty difficult to avoid inheriting some negative baggage as we develop. Our job as adults is to examine and question our limited thinking and beliefs.

Another common reason for not trusting yourself is past shaming or punishment. You've heard the phrase, "Children should be seen and not heard." If you were routinely punished for expressing your needs as a child, you can continue to carry guilt, shame, or fear as you get older.

When you don't trust yourself, you end up going in a million different directions. Your actions don't always line up with what matters to you. A discord can develop between who you are and how you act.

Self-trust means nurturing an empowered attitude, sticking to your principles, and showing up fully for yourself and others. When you follow through with these actions over time, you will learn how to trust in yourself—and invite others to do the same.

"Be strong enough to let go and wise enough to wait for what you deserve".

– Elephant Quotes

"Don't change yourself to win someone's heart. Stay true and you'll find someone who likes you for being you".

– Typewriter Voice

"The secret of life is trusting yourself and loving who you are, just the way you are".

– Anna Torv

"As soon as you trust yourself, you will know how to live".

– Johann Wolfgang von Goethe

"When you trust in yourself, you are trusting in the same wisdom that created you. When you fail to trust in yourself, when you fail to love yourself, you are denying your own Divinity, and therefore attracting the opposite of what The Source is".

– Wayne W. Dyer

Trusting process is crucial in writing journey. Once you love and like it then it inspires and empowers you to move forward with great zeal of enthusiasm to reach your goal well in time.

That is the power of will. Will gives skill. Skill gives ability. Ability gives strength. Be strong to focus more on your task. Action gives results. Consistency gives courage and confidence. Then it allows us to determine and dedicate to sacrifice to fetch the fruitful results and allow us towards success.

Success is a journey not the destination. Winners will never quit. Quitters will never win. Love and kindness are like sharp knife to have power on both sides. Have patience. Wait for an opportunity. Learning is a lifelong process. It allows us to understand better to plan well and execute the best. Prepare yourself to face the challenges that occur on regular basis. Obstacles and hurdles are part of the process. Believe! Belief gives everything. Your effort is your valuable asset. Effort will never go waste. It has its own value. Values occupy top priority. Human values are utmost essential. They elevate us to climb up the hill step by step in real life. Slow and steady wins the race is the best policy. Satisfaction plays key role in reality. A satisfied person is better than a successful individual. Keep up! All the best!

Truthfulness

Truth is the aim of belief; falsity is a fault. People need the truth about the world in order to thrive. Truth is important. Believing what is not true is apt to spoil people's plans and may even cost them their lives. Telling what is not true may result in legal and social penalties.

"Honesty is telling the truth to us and others. Integrity is living that truth."

— Kenneth H. Blanchard

"A person can have honesty without integrity, but he or she cannot have integrity without honesty, because honesty is the basis for maintaining moral principles that direct your conduct and character."

— Integrity at workplace

"Truth and reality in art do not arise until you no longer understand what you are doing and are capable of but nevertheless sense a power that grows in proportion to your resistance."

— Henry Matisse

Truth is knowledge, which is the reflection of what things are, which can be positive or negative, good or bad, right or wrong. Truth is not judgmental but factual. Truth is absolute for every human. Truth and reality swim together side by side at all times on all occasions in every moment irrespective of the location where we stay and works out like a guide and support us in our journey. It inspires and empowers to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality.

Honesty and trustworthiness gives more strength to move together with like-minded people to share our views with an innovative and dynamic approach makes an impact on us and others as well. Let us rededicate, reconfirm and re-communicate in an effective and efficient manner to plan well and perform better and the best in course of action keeps us to fit in the shoe by mingling and understanding better to know the ground realities and execute with consistent way of approach.

Cleanliness is close to Godliness. Clean your mind with positive attitude creates burning desire in winning mindset makes to accomplish our goals well in time is the best way of approach. Have patience and wait for an opportunity as an elite performer. Faithfulness and creativity makes a path to give confidence and courage to grow together. Success is a journey not the destination. Truth is like a fire and no one will dare to touch it without integrity. Truth is the fact of the matter whether we know it or not! It is the quality or state of being true! It is the fact or reality! One has to realize and accept it as soon as possible brings lot of change and transforms us to the next level if we apply and follow. Knowledge is essential! We have to update and upgrade it on daily basis makes an impact and shows the path to grow in better way.

Learning is a lifelong process! Never stop in middle or ignore it. Honesty and integrity gives strength to motivate and allows us to put a step forward to reach miles and miles in our journey. It also gives scope to rely on us and join others to share and care as long as our intentions are good and extend their support for good cause. None of us are perfect! Be flexible! Accept the facts and try to listen from others. It gives more respect in the minds of others. It creates team spirit! Togetherness gives more strength! We can do anything and everything! Nothing is impossible! Be active and alert! Humanity first! Human values are utmost vital! It gives energy! God is truth! Nature is powerful! It provides everything! Believe! Belief gives everything! Do your duty! Do your best! Give your best! Hope for the best! You will get the best!

Wealth Empowerment

Empowerment is defined as the granting of the power, right or authority to perform various acts or duties. It means you are given the agency and resources to accomplish the given task. Economics is the branch of social sciences that deals with understanding how and why the economic choices behind managing resources are made in an economy, both individually and collectively. The individual part of economics is known as microeconomics, whereas the collective aspect is studied under macroeconomics. To put it simply, any business or individual or the government of a nation wants to make the best choices in their functioning to maximize their welfare. They make certain choices regarding various aspects such as savings, investments, taxation, production methods, and costing methods. Economics aims to understand how these decisions are made at both micro and macro levels, and what effect these decisions have on the other factors of the economy such as national income, unemployment, inflation rates, and capital creation.

"Wealth is not about having a lot of money. It's about having a lot of options."

—Chris Rock

"Wealth is not a material gain, but a state of mind."

—Gerry Gillies

"The real measure of your wealth is how much you'd be worth if you lost all your money."

—Famous Quotes on Wealth and Money to inspire—
Funzumo.com

"Try to pray someone you know who needs God's grace and when you see the difference in that person's life you experience a holy peace. A kind of happiness that is incomprehensible and much bigger than momentary worldly pleasure."

—Susan Macwan

"If you love someone, pray for them. Pray for their peace. Pray for their growth. Pray for their success. Pray for their happiness."

—Livelifehappy.com

Wealth empowerment is a great concept! Without empowerment we are powerless. It is possible through maintaining good relations with people. Consequently they trust on us by creating confidence and courage in their minds through our deals with them in long run. It builds like a pyramid and strengthens in creating power to follow by our ability and creativity. Wealth is nothing but trust, ability, creativity, skill, strength, good relationship, positive attitude, wisdom, and values. They create wealth and allow grow horizontally. Relationship is our strength. It represents the unity among our relationship with peers, colleagues, officials, friends, relatives and public at large gives pleasure and satisfaction. It indicates our role to play in reality. Reality is the base for everything. Women empowerment is need of the hour. If the mother is educated the entire family is educated. That is the power a woman has. She creates a different world within and makes everyone to open their eyes and surprise to find the facts and figures in no time. Knowledge gives power. It allows us to think and prove as successful individual. It makes us to learn and improve on regular basis. It keeps to aware what is happening in and around. Sensitiveness gives awareness. Awareness gives reactivate to act effectively. Effectiveness gives efficiency. Efficiency allows leadership qualities. A leader is a reader. All the readers are not leaders. They should have love & kindness, comprehension, determination, dedication, sacrifice, confidence, courage,

activeness, skill development, learning attitude, sharing and caring focus them in an innovative and dynamic way makes to become the leader and stay in the middle of people when required will allow to live in the hearts of people forever. Women are no way inferior. They are capable of doing anything and everything. Education is the base for everything. A girl child should be taken care right from childhood to grow with good health, education, gives respect to the family and society as well. Empower yourself to empower others.

We School

WE Schools is a year-long education program that aims to nurture empathy and compassion by engaging students and teachers in local and global actions through classroom and after-school curriculum.

"The greatest discovery of all time is that a person can change his future by nearly changing his attitude."

— Oprah Winfrey

"The people around you become your teachers and their lessons are ones that either inspires you to grow or they keep re-teaching you the same lesson until you get it."

—Live and Learn—TeachingQuotes.com

"Don't be afraid of your fears. They are not there to scare you. They are there to let you know that something is worth it."

—C. Joy bell C.

"A meaningful life is not being rich, being popular, being highly educated or being perfect. It is about being real, being humble, being strong and being able to share ourselves and touch the lives of other. It is only then that we could have a full, happy and contended life."

—Wisdomquotes4u.com

"The important of "Dream School" is monumental. Helping to inspire these students to reach their potential is personally gratifying."

—Curtis Jackson

We School is a modern and unconventional name that blends the word "We" and "School", embodying a collective approach to education and learning. This unique name conveys a sense of community and collaboration, ideal for parents who value educational themes. In We School what we do is helping our partners in impact transform long-lasting goals into learning programs. WE Schools is a year-long education program that aims to nurture empathy and compassion in students and increase student outcomes in academic engagement, workplace readiness, and citizenship by engaging students and teachers in local and global actions through classroom and after-school curriculum and resources.

The WE Schools Program supports positive mental health by providing resources to help educate young people about making a difference in local communities. Student engagement and participation bring attention to empathy and compassion as well as social justice issues like hunger, poverty, bullying, and education for girls. It creates a long-lasting impact on tomorrow's talents from employer branding to sustainability. They empower students with the expertise of world-changing companies by crafting learning paths that teachers can easily integrate into their curriculum. They conduct programs for the skills of the third millennium. Skill gap is sorted.

Critical thinking, coding, inclusivity, energy science, will help teachers train the citizens of tomorrow in the most in-demand hard and soft skills out there. It plans to bring hands-on activities to school nope, not just a webinar. We School educational programs provide teachers with tools and guidance to bring into the classroom Gen Z—tailored activities through innovative teaching practices. It is a dedicated learning platform with the fully customizable, teachers and educators bring with ease innovative teaching into the classroom. We School also aims to provide positive life experiences that is useful to the future citizens of this great universe. Discipline is the root cause of everything. It starts from home, school, surroundings

and society at large makes an impact on us and others as well. Parents, teachers, friends, neighbors, and associates will play a key role in this respect.

Willingness

Willingness is our ability to go with the flow. It is the practice of radical acceptance with our situation and what life gives us and to be an active participant.

"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

— Mahatma Gandhi

"One who does not rouse themselves, when it is time to rise, who, though capable, is full of sloth, whose will and thought are weak, that lazy and idle person will never find their way to true knowledge."

— Buddha Quotes

"Love is the ability and willingness to allow those that you care for to be what they choose for themselves without any insistence that they satisfy you".

– Wayne Dyer

"Willingness opens the doors to knowledge, direction, and achievement. Be willing to know, be willing to do, be willing to create a positive result. Be willing, especially, to follow your dream".

– Peter McWilliams

"When you flaunt your success, you're setting yourself up for ridicule. Things can always go wrong. Your career stalls, fancy cars get repossessed, you lose your home. Unfortunate events magnified by your shameless boasting. Nothing in life is foolproof. The only thing bragging will accomplish is prove you're the fool".

– Carlos Wallace

Willfulness is the quality of being willful which means determined to do as you want. Will is the base for everything. It creates desire to get the things done to meet our needs and requirements. It has no limit. It is a continuous process. If we meet one desire another one will occupy its place like that one after one comes and goes. Wants are unlimited. Burning desire creates ability to learn and improve on regular basis to accomplish the goals set by us in an innovative and dynamic way makes us to determine and dedicate to sacrifice and focus more on our desired goals in reality. Thought process is ultimate. It creates positive attitude to reach positive people and acquire positive thoughts to attain the positive results. Attitude plays key role in this respect. Our attitude is our behavior. Our behavior defines the character. The character determines personality. Our personality is our individuality. Individual character spells out one by one in the form of desire through our expression makes to act and get the results as we expected. If we don't get the expected results we try again and continue it till we accomplish. Change helps to transform for good cause. Transformation allows us to think differently for acquiring the results differently. Human needs are met based on our effort, ability, thoughts, creativity, willingness, plan of action and above all reliability keeps us at high level to reach peak in reality. It elevates us to the next level in real life.

Setting up a goal is the must. Set a SMART goal and achieve it. Dare to dream! Dream big and accomplish big. Our effort should be higher than our goal. Then only things will set right and becomes true in reality. Be active and alert. Awakening is a

key factor to aware and arise in our daily routine helps to think and understand better and the best to know the ground realities happening in and around makes an impact on us and others as well. Action gives results. Results are ultimate. We are held responsible and accountable for our actions. Prepare yourself to act upon and create your own destiny. It helps to reach our destination safely and securely well in time is the right way of living. Put a step forward to reach miles and miles in your journey. The first step is crucial to determine and dedicate to sacrifice and focus more to create a path in reality. It helps to follow by others and live in their minds forever.

Winner's Perception

The term "winner's perception" refers to how individuals interpret and perceive success and failure. It encompasses the mindset, belief systems, and attitudes that shape one's perception of winning. Winning is not just about the outcome but also involves mental resilience, motivation, and self – perception, which can influence one's journey toward success. Cultivating a positive mindset is crucial, as it can significantly impact how one views their achievements and setbacks.

In the journey toward success, cultivating a winning attitude is crucial. It explores the key concepts of perception, belief systems, and mindset, which are fundamental to shaping how we interpret events and approach life's challenges. By understanding the power of perception, embracing opportunities, and harnessing the influence of associations, you can develop the resilience and determination needed to overcome obstacles. Readers will also learn strategies for eliminating negative thinking and reframing their mindset, transforming setbacks into stepping stones on the path to victory. Dive into this guide to discover how to foster a mindset that propels you toward your goals and helps you emerge stronger and more victorious in every aspect of life.

"You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win".

– Zig Ziglar

"The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you".

– Tony Robbins

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do".

– Pele

"If you believe in yourself and have dedication and pride and never quit, you'll be a winner. The price of victory is high but so are the rewards".

– Paul Bryant

"As a means to success, determination has this advantage over talent that it doesn't have to be recognized by others".

– Robert Brault

Imagination is a key exercise in this regard. It leads us to visualize then dream it to believe and accomplish in course of action makes an impact on us and others as well in reality. Winner's perception is a great concept. It allows us to have innovative and dynamic approach towards our goals makes to determine and dedicate to sacrifice and focus more on them. Always keep in mind that your effort should be greater than your dream. Then only things will happen in real life. If you want gold you should dig it deeply you can't get it on surface. Struggle alone gives results. Results are ultimate. Discomfort picks to act and improve to learn on our own. Learning is a continuous process. Skill improvement is need of the hour. Skill development enhances and encourages us to the next level in reality. Community growth is our own growth.

Togetherness gives strength. Sharing is caring. Share your success with others. It gives pleasure and satisfaction. A satisfied person is better than a successful individual. Success is a journey not the destination. Successful people think differently act efficiently. Communication plays the key role in this respect. Effective communication gives effective results. It makes us to reach in depth and change the world to great extent. Thought

process is ultimate. An idea can make the world strong and stable. Collaboration is another word to coordinate and co-operate each other will help to work together and create the team spirit. Teamwork is vital. Collective effort gives collective results.

It needs understanding and fairness. Then only things will set right to strengthen our relationships in long run. It ties like a bond to create love and affection among the team members. Network is net worth. News will spread fast among team from top to bottom in no time. When the message reaches fast effectiveness will increase to plan well and execute better than our imagination. It gives the best results quickly. When the confidence level will increase in the minds of group to reach close each other. Closeness creates trust. Be trustworthy. Be confident. Be optimistic.

Wisdom

Wisdom is the use of one's knowledge and experience to make good judgments. Wisdom is the interpreting and understanding of knowledge that leads to greater insight.

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

—John Wooden

"The two most important days in your life are the day you are born and the day you find out why."

—Mark Twain

"Your remedy is within you, but you do not sense it. Your sickness is from you, but you do not perceive it. You presume you are a small entity. But within you is enfolded the entire universe. You are indeed the evident book, by whose alphabet the hidden becomes the manifest. Therefore, you have no need to look beyond yourself, what you seek is within you, if only you reflect."

—Ali ibn Abi Talib—Spiritual Islamic Book

"There are moments when troubles enter our lives and we can do nothing to avoid them. But they are there for a reason. Only when we have overcome them will be understand why they were there."

—Paulo Coelho

"If you are willing to look at another person's behavior toward you as a reflection of the state of their relationship

with themselves rather than a statement about your value as a person, then you will, over a period of time, cease to react at all."

Harbhajan Singh Yogi

Wisdom is the use of one's knowledge and experience to make good judgments. Wisdom is the interpreting and understanding of knowledge that leads to greater insight. Wisdom is a pragmatic kind of process where one is constantly using metacognition. Metacognition is an awareness of one's thought process and an understanding of the patterns behind them. It is the fact of being based on sensible or wise thinking. Wisdom is associated with compromise intellectual humility, acceptance of uncertainty, and a cosmopolitanism of what is good.

It contains virtues or traits of excellence that may be moral, social or intellectual. They are valued as a foundation of principle and good moral being. In ancient Rome, Virtus was a specific virtue associated with valor, masculinity, excellence, courage, character and worth. In virtue ethics a virtue is a characteristic disposition to think, feel and act well in some domain of life.

Sutton and Andrew Hargadon defined the attitude of wisdom as acting with knowledge while doubting what one knows. In Christian theology wisdom is an aspect of God or the theological concept regarding the wisdom of God. Wisdom refers to the sum total of a culture's knowledge and application of that knowledge, acquired over time. It encompasses everything from scientific and philosophical discoveries to art and culture.

When we talk about the wisdom of the ancient Greeks, we refer to everything about their culture, including their scientific and philosophical discoveries. Hikmah is the Islamic term for wisdom. It is believed that the prophets of Islam possessed great wisdom, and the term occurs several times in the Quran. Wisdom in a complex world is a situated account of wise reasoning and its development. Spiritual wisdom is the

knowledge of God's will and ways that comes from the Holy Spirit. The biblical meaning of wisdom involves discernment, insight and the ability to make sound judgments. It goes beyond mere intellectual knowledge. It encompasses a deep understanding of God's ways and principles. It also derives from a relationship with God Himself and originates from a reverential awe and submission to the Lord.

Where Are You?

The phrase "where are you" is commonly used to inquire about someone's location. It literally means "At what location are you at?" and is often used in both casual and formal contexts to ask about someone's whereabouts. The phrase can also be part of a larger sentence such as "I love where you are standing". In informal settings variations like "where are you yet" may be used, although they are considered redundant.

"When you start seeing your worth, you'll find it harder to stay around people who don't".

– Lifehack

"Learn to be alone and to like it. There is nothing more freeing and empowering than learning to like your own company".

– Mandy Hale

"If someone really loves you, no matter how many other people they meet their feelings for you wouldn't change. A real lover can't be stolen".

"The people you always remember are the ones who made you feel loved when you were at your lowest".

– Bright Nicole

"Some people aren't good at asking for help because they're so used to being 'the helper'. Throughout their life they've experienced an unbalanced give and take, so instinct is usually I'll figure it out on my own". The self-reliance is all they've ever known".

– Toni Tone

"Start where you are. Do it here and now, fully and completely. Embrace this moment. Embrace yourself right now without any requirements. Let go & take yourself in".

– John Morton

Shakespeare said that art is a mirror held up to nature. And that's what it is. The nature is your nature, and all of these wonderful poetic images of mythology are referring to something in you. When your mind is trapped by the image out there so that you never make the reference to yourself, you have misread the image. The inner world is the world of your requirements and your energies and your structure and your possibilities that meets the outer world. And the outer world is the field of your incarnation. That's where you are. You've got to keep both going. As Novalis said, 'The seat of the soul is there where the inner and outer worlds meet.

— Joseph Campbell

Where are you? How are you? What are your goals? How far you reached your destination tells about your personality in detail and gives an impression to evaluate & appreciate to encourage, guide and support in every step of your journey makes an impact to reach peak in reality. It helps to motivate on your own to improve your skills through learning. Learning is a lifelong process. Skill improvement is need of the hour. Educate, enhance, upgrade with your attitude by involving and interfering in every occasion with positive attitude gives scope to thrive and create your own identity in long run. It is a step by step process. It needs effort and ability to prove and perform better and the best.

Love yourself and your work. Then it loves you in the form of success. Success is a journey not the destination. Successful people behave smartly. They interact with winning strategy. They work differently to get the success. If our intentions are good people will help and support us. People management is a tough task. Human resources are valuable. It needs cooperation

and coordination with better understanding. Twin win strategy is the style of living. Honesty is the best policy. Love and kindness are twins to move together and gives strength. Help ever hurt never is the part of living.

Human values are utmost important. Keep on doing. Consistent effort gives the best results. It creates confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals. Togetherness gives strength. It creates team spirit. Teamwork cultivates discipline. Discipline is the base for everything. It builds the character to make strong personality. Individuality is your personality. Desire cultivates habits. Habits will develop the personality. Your character defines what you are? How you are? Where you are? Rest will take care simply. Believe! Belief gives everything.

What Makes You Happiness?

Happiness is a complex emotional state characterized by feelings of joy, satisfaction, fulfillment, often influenced by both positive experiences and a sense of meaning in life.

Philosophers like Aristotle have suggested that happiness is the ultimate human goal, achieved through a balanced life that avoids extremes. He proposed that true happiness comes from fulfilling one's potential and contributing positively to society.

Experiencing more positive emotions than negative ones is crucial for happiness. This balance contributes to overall life satisfaction.

How satisfied individuals feel with various aspects of their lives, such as relationships, work, and personal achievements, plays a significant role in their overall happiness.

"Stop comparing yourself to other people, just choose to be happy and live your own life."

– Roy T. Bennett

"It is not how much we have, but how much we enjoy, that makes happiness."

– Charles Spurgeon

"Happiness doesn't result from what we get, but from what we give".

– Ben Carson

"The grand essentials to happiness in this life are something to do, something to love, and something to hope for".

– Joseph Addison

"Life only comes around once, so do whatever makes you happy, and be with whoever makes you smile".

– Pinterest.com

"Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy".

– Pinterest.com

"Genuine happiness consists in those spiritual qualities of love, compassion, patience, tolerance and forgiveness and so on. For, it is these which provide both for our happiness and others happiness".

– Dalai Lama XIV

Happiness is a multifaceted concept that encompasses emotional well-being, life satisfaction, and a sense of purpose. Understanding its various dimensions can help individuals cultivate a more fulfilling and meaningful life. By recognizing that happiness is not merely a fleeting emotion but a deeper relationship with life, one can take active steps toward achieving it.

Appreciating simple joys can spark instant happiness.

Engaging in activities we love provides mental health benefits.

Finding contentment in what we have leads to genuine happiness.

Happiness is something that every person seeks, yet it can be elusive and difficult to define. What brings happiness to one person may not necessarily bring happiness to another. However, understanding the factors that contribute to happiness can help us to live more fulfilling lives.

Studies on twins and adoptees have shown that about fifty percent of the variation in happiness levels between individuals can be attributed to genetic factors. This finding has led to the concept of a happiness set point – a baseline level of happiness to which we tend to return after both positive and negative life events.

However, this does not mean that our happiness levels are predetermined and unchangeable. The other fifty percent is influenced by our circumstances and most importantly, our thoughts and behaviors. This is where the science of happiness becomes particularly relevant and exciting.

Why Small Step Matters?

Why are small steps important in childhood development? Small steps are vital for healthy child development because they unable children to reach manageable milestones without feeling overwhelmed. When children focus on achievable tasks, they experience success that encourages further effort and learning.

The early years of a child's life are crucial for shaping their future abilities. During the first five years, the brain develops rapidly, establishing neural pathways that underpin essential skills such as language, social interaction, and problem-solving. These connections form through a child's interactions with caregivers, environment, and experiences.

Positive, responsive interactions help strengthen these neural networks, making learning more efficient and fostering emotional stability. When children are nurtured in stimulating environments, they are more likely to develop resilience and a positive attitude toward learning.

Research indicates that robust early brain development is linked to better academic achievement, emotional health, and social competence later in life. Conversely, inadequate early experiences can lead to delays or difficulties in learning, behavior, and emotional regulation.

Supporting this critical period, community programs, health services, and education resources tailored to diverse cultural backgrounds can significantly promote optimal development. These interventions ensure children build a strong foundation, encouraging lifelong learning and well-being.

"The power of small achievements: Building confidence and resilience".

– Kidsfirstservices.com

"Celebrate every step: Recognize small achievements in child development".

– Kidsfirstservices.com

"Small steps, big progress: Support growth with manageable actions".

– Kidsfirstservices.com

"Nurturing growth: Routines and environment support child development".

– Kidsfirstservices.com

"The science of small steps: Unlocking big goals through incremental progress".

– Kidsfirstservices.com

"The man who moves a mountain begins by carrying away small stones".

– Confucius

A small step makes you to reach miles and miles in your journey. It builds the foundation to be strong and stay long. It helps to reach your destination in time safely and securely is the way of living. It creates confidence and courage to determine and dedicate to sacrifice and focus more on our desired goals. Life is like a game. Each step has its own value. It makes us to move forward with great zeal of enthusiasm in order to fetch the fruitful results in reality. It gives small wins to sum-up and consolidate to combine the actions for obtaining greatness in course of time. It generates power within. Success is a journey not the destination. Successful people think differently act efficiently.

Effectiveness is a key for everything. Small wins encourage us to celebrate with our loved ones which give thrill and will. Will gives skill. Skill gives ability. Ability gives strength. If we are strong we can help others. Help ever hurt never is the best policy. It creates positive attitude. Attitude plays vital role. Positive attitude develops to meet the positive people to acquire positive thoughts and attain the positive results. Results are ultimate. It gives recognition. Recognition allows us to feel more responsible and accountable. It cultivates leadership qualities. A leader is a reader.

The leader can understand the people's mindset and coordinates to grow horizontally. It helps to have collective information. Collective effort gives collective results. Unity gives strength. It generates team spirit. Teamwork is vital. It elevates to reach peak in reality. It cultivates understanding power. Knowledge is powerful. Learning is a continuous process. It helps to improve our skills. Skill development is part of the process. Your effort is your valuable asset. Effort will never go waste. It has its value. There is no shortcut method for success. It is like a step by step process.

Willpower is Ultimate

Willpower is the ability to resist short-term temptations in order to meet long-term goals. With more self-control would we all eat right, exercise regularly, avoid drugs and alcohol, save for retirement, stop procrastinating, and achieve all sorts of noble goals.

In conclusion, willpower is the mental strength and determination that allows us to resist temptations, make difficult decisions, and persevere through challenges. It serves as a crucial aspect of achieving personal growth and success in various areas of our lives.

"Strength does not come from physical capacity. It comes from an indomitable will".

– Mahatma Gandhi

"Willpower is the key to success. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear".

– Goodbye Selfhelp.com

"People with a strong willpower will always have the bigger picture in mind. They will be able to forgo small pleasures in order to help attain bigger goals".

– Willpower Quotes

"Our people have the right to hope, the right to a future, the right to life itself. No power on this earth can destroy the thirst for human dignity".

– Nelson Mandela

"Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy. No person will make you happy unless you decide to be happy. Your happiness will not come to you. It can only come from you".

– Happy Positive Quotes

"Always believe something wonderful is going to happen. Even with all the ups and downs, never take a day for granted. Cherish the little things and hug the ones you love".

– Cherish the Little things Quotes

"Keep your face always toward the sunshine, and shadows will fall behind you".

– Pinterest.com

Everything is possible! Everything happens! Believe! Belief gives everything. Believe yourself. Trust your gut. Create your own identity. You are the creator. You are the brand ambassador of your own product. Services are like servants who serve better without any fear or feelings and make an impact to fetch the best in reality. Faith alone gives clarity. It ensures to inspire and aspire on our own. It empowers to help us in many ways. It allows us to determine and dedicate to sacrifice and focus more on our desired goals. Your mindset is your thought process. Thought process is ultimate. An idea can change this world to great extent.

Positive attitude creates positive ideas and allow us to meet the positive people to attain positive thoughts to acquire the positive results in real life. God is invisible! God's power is visible to feel based on the results you get with your sincere effort makes you to reach close to God. It creates strong desire to feel and perform better with an effective planning and implementation. It generates power within. It makes an innovative and dynamic personality through discipline and dedication by fulfilling our needs in time makes sense and gives meaning. Meaningful life keeps us in safe and study to grow and develop on daily basis.

Your own growth is an indication to scale and compare yourself to find the change and learn to improve your own skills.

Skill development is part of the process. It creates courage and confidence to move forward with great zeal of enthusiasm in order to fetch the fruitful results in real life. You are the key performer. Performance gives the results. Consistent performance gives consistent results. Consistency is key for everything. Trust alone makes you to move forward. It develops gradually over a period of time. Trust worthiness is an art. We have to cultivate to create our own path to follow by others in reality. It develops leadership qualities. It creates twin-win strategy. Prepare yourself to face the challenges that occur on regular basis. Never stop in middle till you reach your goal irrespective of obstacles and hurdles that occur in middle is immaterial and irrelevant. Goal setting is ultimate. Once you set a goal try to fulfill it. Your effort should be higher than your goal. Then only things will happen in reality. All the glitters are not gold. If you want gold you should dig it deeply. You can't get it on surface.

Women at Work

Globalization, digital innovation and climate change, among other factors, continue to change the world in which we work — posing both challenges as well as opportunities in realizing women's economic potential for a better tomorrow. Below, explore just some facts on where women stand today in the changing world of work.

By exploring the facts about labor force, unemployment, occupational segregation, wage gap, unpaid work, parental leave, informal work, migrant workers, violence against women, legal barriers, social protection and digital divide are crucial to keep in mind to protect their rights is worthwhile to mention and follow them to implement in reality.

"Gender is a kind of imitation for which there is no original".

– Judith Butler

"When women leaders like me do not feel the inequality, we tend to forget that something is not working".

– Quotes on Women and Work – World Economic Forum

"We have to start looking at the world through women's eyes' how are human rights, peace and development defined from the perspective of the lives of women? It is also important to look at the world from the perspective of the lives of diverse women, because there is not a single women's view, any more than there is a single men's view".

– Charlotte Bunch

Women are no way inferior or lesser than men in any aspect in present situation. They are independent and wiser in every

aspect. Whether it is education, employment, business, service sector, medical, legal, engineering, civil, automobile, political, professional, cultural social, spiritual and name it their presence and involvement is there in each and every sector. That is the power of feminine gender. Gender equality is must and one has to follow to provide equal rights for every human in reality. We should support, encourage, appreciate the courage, willpower, determination, sacrifice, dedication to express and move forward to face the challenges occurred in day-to-day world is stressed here in this connection. One has to feel proud of a girl child in family makes an impact the entire world. A girl is a spark and bright star to shine brightly by creating faith in us to lead the family, society, world at large if we take care of her by fulfilling our responsibility as a parent right from the beginning will transform to reach peak and make everyone happy. Respecting women is respecting us.

If the mother is educated entire family is educated. She runs the family smoothly and silently without fear. She knows how to manage and handle the tough situation when required. It has proved many times if we observe carefully in real life. She applies commonsense and consider the situation to handle wisely in given circumstances with available resources is the main criteria. She never shakes, feel or fear in difficult times. Effective planning will allow her to execute better and the best. Discipline helps her like a God in needy time. Time plays crucial role in this respect. It heals everything. It generates power within to create an identity.

Identification is the prime objective. It is the primary responsibility. It shoulders to feel more accountable and gives recognition. Recognition is ultimate. It gives pleasure and satisfaction. Satisfaction plays a key role. A satisfied person is better than a successful individual. It develops leadership qualities. A leader is a reader. All the readers are not leaders. A leader should stand in the middle when required. Then people

will have confidence to live and love and keep in their hearts forever. We came to this world with a purpose.

Let us fulfill our roles to the best of our ability. Ability gives strength. Be strong and stable. If you are strong you can help others. Be helpful and enjoy your journey. Help ever hurt never is the way of living. Love and kindness is part of living. Honesty is the best policy. Keep on doing. Consistent effort gives consistent results. Your effort should be higher than your goal. Goal setting is ultimate. Set a goal and accomplish it. All the glitters are not gold. If you want gold you should dig it deeply. You can't get it on surface. Have patience. Wait for an opportunity. A bird in the hand is worth than two in the bush. Every day is a new opportunity. Be as an optimistic. Positive attitude allows us to reach positive people to acquire positive thoughts and attain the positive results.

Women Empowerment

Sustainable development accepts environmental protection, social and economic development, including women's empowerment. Women's empowerment and achieving gender equality help society to ensure it.

"Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness."

— Oprah Winfrey

"Our generation is becoming so busy trying to prove that women can do what men can do that women are losing their uniqueness. Women weren't created to do everything a man can do. Women were created to do everything a man can't do."

— Being Woman

"Nobody is superior, nobody is inferior, but nobody is equal either. People are simply unique, incomparable, you are you, I am I."

— Osho Meditation Centre Bangladesh

Women empowerment refers to the process of providing power to women to become free from the control of others, to assume the power to control their own lives and to determine their own conditions. It is closely aligned with female empowerment, which is a fundamental human right that's also a key to achieving a more peaceful, prosperous world. Women's empowerment can be achieved through increasing the spiritual, social, political or economic strength of women.

It is a central concern of the women's movement and refers to the general process through which, women gain knowledge about

the structures that oppress them and seek to alter the power imbalances in society. Female empowerment may be defined in several methods, including accepting women's view points, making an effort to seek them and raising the status of women through education, awareness, literacy and equal status in society, better livelihood and training. Women's empowerment equips and allows women to make life determining decisions through the different societal problems. They may have the opportunity to redefine gender roles or other such roles, which allow them more freedom to pursue desired goals.

No one can make you feel inferior without your consent. Empowered women can empower women. Women empowerment is need of the hour. There is no tool for development more effective than the empowerment of women. If mother is educated the entire family is educated. Education gives knowledge. Knowledge improves thought process. Thought process creates an idea. An idea can change this world to great extent. Mindful exercise gives willful results. Willful exercise gives willful results. We rise by lifting others. Passion is the secret ingredient that drives hard work and excellence. A woman is like a tea bag. You never know how strong she is until she gets in hot water. A woman is the full circle. The power is within her to create, nurture, and transform. Any woman who understands the problems of running a home will be nearer to understanding the problems of running a country.

The higher is the better. It is more about an attitude. Strong women don't have attitudes. They have high standards and firm boundaries. Women never give up! They step up to raise and climb up the hill step by step slowly and steadily to win the race in reality. They have lot of patience. Never try to test their patience. Give respect and take respect is the law of land. It applies to both. Men and women are like two pillars to save the garden. Children will grow and nourish themselves to live with their support and guidance to become as useful citizens of

this great universe. We came to this world with a cause. Let us try to fulfill it. Inspire yourself to inspire others. Help ever hurt never is the way of living.

Writers Ocean

The sea has always been a symbol of exploration in literature, representing the vast unknown and the infinite possibilities that lie beyond the horizon. The imagery of the sea often evokes a sense of wonder and excitement, as well as a deep respect for the power of nature.

"Take me to the ocean. Let me sail the open sea, to breathe the warm and salty air and dream of things to be".

– Erica Billups

"The ocean has a life of its own. Its tides, whirl pools, currents and eddies or a testament to its conflicting emotions".

– Beautiful Ocean Quotes

"The ocean stirs the heart, inspires the imagination and brings eternal joy to the soul".

- Wyland

Writers Ocean is a great place to join and learn in depth to know the depth of the ocean with learning attitude will help us throughout the career. I strongly believe accept the fact to open the doors and invite all the opportunities to enter and study them carefully to understand better in our own way and try to help others is the key factor in this respect. It gives scope to widen our wings and grow rapidly in large scale is the key factor to lead a happy and peaceful life. Every day is a new opportunity to learn and improve our skills.

Skill improvement is need of the hour. Skill development is part of the process. Twin win strategy is the best way of approach.

Honesty is the best policy. Help ever hurt never is the style of living. Keep on doing in this process. Writing is a journey not the destination. It flows like water to reach the destination safely like all rivers flow in the ocean. The ocean is received water from all corners and never refuse them at all times on all occasions at every stage is the fact. It can preserve carefully for living things to survive inside. It is the place to live and love. It spreads across the globe.

One third of this land is covered with water to spread widely and help us in many ways. Like that, we should be helpful to others in our journey. Life is like a journey. It is God given gift. We are strong enough to grow in this process. Let us cultivate and develop the helping nature to live and love the world in bigger way. If we help others we get favourable things through unknown sources. If our intentions are good people will guide and support us. Positive attitude allows to meet positive people to acquire positive thoughts and attain positive results. Winners think differently act effectively. Efficiency is the base for everything. Knowledge is powerful. Do more talk less is the proverb. Action gives results. Strong willpower fulfils our desire and makes it happen. Determination and dedication gives scope to focus more on our desired goals. Goal setting is ultimate. An idea can change this world to great extent.

Writing is Exhaling

A long exhale can suggest relief after a stressful event, while a forceful exhale might indicate frustration or anger. Describing the exhalation can also help in pacing a scene—a slow exhale can create a sense of calm, while a sharp, sudden exhale can heighten tension.

If something bad happened just do this 3 things. First inhale second exhale and third accept that it happened.

— Kenneth De Guzman

Stop for a few seconds and create a clear mental picture of yourself as completely relaxed, calm, positive, smiling, and in complete control of the interview. Then inhale deeply, filling up your lungs and putting pressure on your diaphragm. Hold this breath for a count of seven and exhale for a count of seven. While you are breathing deeply, continue to hold a picture of yourself as the very best salesperson you could possibly be.

— Brian Tracy

Reading offers a profound connection to the thoughts and experiences of others. It allows us to explore different cultures, historical periods, and fantastical realms. Reading fosters empathy by enabling us to step into the shoes of characters from diverse backgrounds, experiencing their joys and sorrows. Through reading, we absorb the knowledge of generations, learn from the mistakes of history, and gain insights into the human condition.

Now, shift your focus to writing, which is the exhalation of thoughts, ideas, and emotions. When we write, we release our

inner world onto the page. It's like exhaling a breath that carries with it the unique essence of our thoughts and feelings. Writing is the act of creating, shaping, and sharing our innermost musings. It's a way to articulate our thoughts, craft stories, and convey our perspectives to the world. Writing holds the power to inspire, inform, and influence. Through writing, we can share our knowledge, tell compelling stories, and convey our emotions. It is a means of self-expression, allowing us to communicate our thoughts with clarity and precision. Just as each exhaled breath carries a piece of us into the world, each written word we share has the potential to touch hearts, spark change, and leave a lasting impact.

In the grand symphony of human communication, reading and writing are harmonious partners. Reading enriches our minds by allowing us to breathe in the wisdom and creativity of others, while writing enables us to breathe out our own thoughts and ideas into the world. Together, they form a cycle of intellectual and emotional exchange, sustaining the flow of knowledge and inspiration through the generations. So, embrace the analogy: reading is like breathing in, and writing is like breathing out—two essential acts that keep the world of words and ideas alive.

It is a good idea to write and publish a book by compiling your prose and poetry makes an impact to thrive and improve yourself as an author, writer and self-publisher. It creates a path to share your views with others generate the power within to ignite a light and spreads the brightness in the form of knowledge. Knowledge is powerful. It gives scope to learn and improve on daily basis. Skill improvement is need of the hour. It is a continuous process. Be open and invite the ideas to widen the wings and spread it broadly to cross the frontiers across the globe. As a result, people will read your stories and share their views through Sub-stack, Medium, LinkedIn and other media gives large scope to grow and develop your skills to become strong and stable.

It gives strength to create confidence and courage to determine and dedicate to sacrifice and focus more on your writing journey as an author. It also gives scope to become a famous author in future. That is the power of will. Where there is will there is way. Willful exercise gives willful results. Mindful exercise gives mind full results. Results are ultimate. An idea can change this world to a great extent. Thought process is ultimate. Human values are most essential. Live and let live is the way of living. Honesty is the best policy. Help ever hurt never is the style of approach. It makes to meet more people. Network is net worth. Have patience. Wait for an opportunity. Every day is a new opportunity. Instant results will not fetch much. If you want gold you should dig it deeply. You can't get it on surface. Your effort is your valuable asset. Effort will never go waste. It has its own value. Keep on doing.

Writing is Fun and Joy

Reading and writing feels no loneliness. Writing is an art. The idea of writing for fun is to express in your own way that feels good creatively. No matter your age. You always rekindle the joy of play in your writing. Relax and give yourself permission to be silly. Let your curiosity and whimsy guide you.

"The only kind of writing is rewriting".

– Earnest Hemingway

"Writing is not a serious business. It is a joy and a celebration. You should be having fun with it".

– Ray Bradbury

"Real writers are those who want to write, need to write, have to write".

– Robert Penn Warren

"If there's a book that you want to read, but it hasn't been written yet, then you must write it".

– Toni Morrison

Writing is a fun and joy gives more pleasure and satisfaction when we enjoy our journey in reality. If we love our work it loves us in the form of success. Success is a journey not the destination. Successful people think differently act efficiently. Effectiveness is a key for everything. Action gives results. Consistency gives confidence and courage. It helps to determine and dedicate to sacrifice and focus more on our desired goals. Goal setting is ultimate. Set a goal and accomplish it. Dream big

achieve more. If your effort is higher than your goal then you can achieve anything and everything. Planning allows us to execute better and the best. It helps to coordinate and negotiate to win the game. Win-win strategy is the best way of living. Honesty is the best policy. Help ever hurt never is the style of living. Knowledge is powerful. Know your strength to move forward and learn to improve your skills in particular subject makes sense and gives meaning. Learning is a continuous process. Skill development is part of the activity. Activeness gives more strength. Be strong and stable. Stability gives ability. Ability gives strength. If we are strong we can help others. Helping nature is a good concept. Love and kindness creates to be a good citizen of this great universe. We have to cultivate this habit right from childhood. Create your own path to follow by others. It develops leadership qualities. It creates team spirit. Teamwork is essential. Unity gives strength. Thought process is ultimate. An idea can change this world to great extent. Prepare yourself to face the challenges that occur in day today life.

Never stop in the middle till you reach your goal irrespective of the obstacles that occur during the process. Shine like a bright star in the sky. You are the performer. You only can do anything and everything. Self-motivation is the way of approach. It creates positive attitude. It develops winning mindset. Winners will never quit and quitters will never win in this world. Slow and steady wins the race is the best policy. Have patience. Wait for an opportunity. Every day is a new opportunity.

Youth Empowerment

Youth empowerment refers to the process of equipping young people with the tools, resources, and opportunities they need to take control of their lives and shape their futures. It involves gaining the ability, authority and agency to make decisions and implement change in their own lives and the lives of others. The process encourages young individuals to develop the skills, knowledge and confidence necessary to make informed choices and actively participate in their communities.

Youth empowerment is a process where children and young people are encouraged to take charge of their lives. They do this by addressing their situation and then take action in order to improve their access to resources and transform their consciousness through their beliefs, values and attitudes. Youth empowerment aims to improve quality of life. Youth empowerment is achieved through participation in youth empowerment programs. However, scholars argue that childrens' rights implementation should go beyond learning about formal rights and procedures to give birth to a concrete experience of rights. There are numerous models that youth empowerment programs use that help youth achieve empowerment. A variety of youth empowerment initiatives are underway around the world. These programs can be through non-profit organizations, government organizations, schools or private organizations.

"The youth need to be enabled to become job generators from job seekers".

– A.P.J. Abdul Kalam

"If seeds of good humanity and good culture are sown, the reward of a rich harvest can be reaped by generation to come. Education means such sowing, such implementing".

– Narendra Modi

"I am not what happened to me, I am what I choose to become."

– Carl Jung

"If governments are unwilling to lead when leadership is required, people must. We need a global grass-roots movement that tackles climate change and its fallout."

— Kofi Annan

More than just future leaders or influencers, young people are already change makers in their own right, actively contributing to society's transformation and development. Thus, the term 'Youth Empowerment' is a catchphrase and an essential strategy to foster progress and resilience in the global community.

Youth empowerment refers to the process where young individuals gain the ability, authority, and agency to make decisions and implement change in their and other people's lives. This transformative concept goes beyond merely involving youth in decision-making; it encourages them to lead, innovate, and drive societal change.

Empowering young people means providing them with the resources, skills, and support they need to be influential citizens. It involves creating and fostering environments that value and respect youth perspectives, promoting inclusivity and respect for diversity, and ensuring their voices are heard and considered in discussions that affect their lives and futures.

Diving deeper into the concept, we will examine the various dimensions of youth empowerment, its significance, and how we can cultivate it in diverse contexts.

From schools to communities, from local settings to global platforms, we will uncover how empowering youth is vital to addressing societal challenges, promoting justice, and fostering sustainable development.

Youth empowerment is need of the hour. Youth play a key role in our society. Enlightenment of youth inspires and empowers them to think in right direction at right time with right people at right place with right cause yields the best results in real life. Guidance and support helps to tune them to apply and acquire the necessary skills required elevates them to the next level in reality. Discipline, determination, dedication and devotion helps to commit and confirm to plan well and implement it in an effective and efficient manner makes them to communicate and concentrate to rely and share our views with others to reach our goals is part of our duty and responsibility. They are our future. JCI is playing vital role in this respect. Excellence is the way of JCI to spread as global organization without frontiers. An active, smart, healthy and sustainable leadership creates healthy ambience to grow as disciplined soldiers and dynamic personalities makes an impact on the part of society at large is stressed here on this occasion.

Impact Foundation is one among them to train and inspiring youth in different ways by conducting various training programs, summer classes, Meetings, workshops and symposiums with free of cost is well recognized and successfully completed its Silver Jubilee Celebrations. I feel proud of it in creating trainers to lead the future and showed a path to young achievers as icons of this universe. This credit certainly goes to The Team Impact Foundation and they are deserved for it. It is a collective effort. We, as individuals should play our role as elders to guide them with right perception to bring some change in this world. A small act makes an impact on us and others as well. That is the power of our journey.